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RED RIVER COLLEGE

Are pesticides responsible?

Doctor says Argentinian farm belt has developed high rates of cancer, birth defects PAGE 8

Third derailment has CN Rail on the defensive

Company defending train safety after disaster in Alberta PAGE 4

A BOYISH GRIN, MILD MANNER AND LOADED GUN

AGENT COULSON OF S.H.I.E.L.D. SEEMS AWKWARD RIGHT UNTIL HE SHOOTS YOU PAGE 11

PAYBACK COMES TOO LATE

A late goal in the third period by Evander Kane wasn't enough to rally the Winnipeg Jets to a win over the Nashville Predators at the MTS Centre on Sunday. Story, page 29. TREVOR HAGAN/THE CANADIAN PRESS

Fire hall audit to arrive today

Independent review. Report may contain real answers to city's land-swap questions

BERNICE PONTANILLA
bernice.pontanilla@metronews.ca

Winnipeggers and city council members will finally get answers into how a controversial land-swap deal went down without council approval after an independent audit of the process is released today.

After it was learned former fire chief Reid Douglas presided over a land deal that saw city land given to Shindico Realty in exchange for land to build three new fire stations, city council killed the deal and ordered a review of the process.

However, the station on Taylor Avenue has already been built. The other two, one in Charleswood and one in Sage Creek, have been pushed back.

The audit is also expected to look into the cost overruns on the Portage Avenue fire station, which went $2.5 million over budget.

Watch metronews.ca for complete coverage of the audit report today.

Mayor silent

Was Sheegl booted out?

The mayor's office is not commenting on a media report that Mayor Sam Katz's cabinet forced the resignation of Phil Sheegl.

Radio station 680 CJOB said on Friday that all members of the city's executive policy committee signed a letter calling for Sheegl to leave his post as chief administrative officer.

CJOB also reported Sheegl will be getting a year's salary as severance, adding that in 2012 he made $242,000.

The mayor's office said they had no comment.

The surprise announcement of Sheegl's departure came Thursday morning. EPC unanimously accepted his resignation.

Coun. Ross Eadie had planned to table a motion calling for Sheegl's removal at Wednesday's city council meeting.

Sheegl, Eadie added, may have chosen to resign instead of facing what essentially was a confidence vote.

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JUMPING THROUGH FIRE OFF CLIFF NOT AS RIVETING AS ANNIE

WHAT'S GOOD
Ace Burpee

Last weekend I competed in a race in New Jersey called the Tough Mudder. Super fun.

It may (I say may) be interesting that I ran about 12 miles up and down hills, crawled through mud under barbed wire, had to swim under walls in ice water that takes your breath away and twice had to barrel through live electric wires that cause you to drop to your knees.

It is perhaps (just perhaps) interesting that I had to run up a 15-foot halfpipe, climb countless walls that were angled as to lessen your chances of getting over them, swim a river, flip tires, run through miles of mud so thick it stole my shoes and jump over a wall of fire which was actually the edge of a cliff you didn't know was there and led to a ridiculously long fall into a pond.

I say it MIGHT be interesting that I completed Tough Mudder, but I know for a fact it's not nearly as interesting as a woman many of us met on the course named Annie.

Annie has ALS — Lou Gehrig's Disease. She did the entire race — aided by a crew of friends — on two walking crutches. The obstacles I listed are about half of what we encountered. The race is supposed to hurt, and many quit. She finished the race. Late that afternoon I saw her cross the finish line. It was awesome. Now Annie … Annie is interesting. Never give up.

ACE BURPEE IS A LOCAL WRITER, PRODUCER, RADIO-SHOW HOST AND SUPPORTER OF ALL THINGS GOOD.

Bike strategy. Councillor welcomes consultation

A city councillor is applauding the news that Winnipeggers will be given the chance to help shape the city's pedestrian and cycling strategy.

The City of Winnipeg announced Friday that Urban Systems Ltd. has been hired "to undertake the research and development of these strategies for the City."

The firm completed the first phase, which involved preparing demographic and neighbourhood profiles, travel patterns, creating an inventory of existing facilities and identifying best practices and lessons learned from other cities' strategies.

The next step is a public consultation to find out what Winnipeggers' short- and long-term expectations are when it comes to walking and cycling facilities in the city.

"It's great news that it's happening," said Coun. Jenny Gerbasi.

The public can visit walkbike.winnipeg.ca to participate. **METRO**

Unknown leafy substance

Raid nets drugs

An investigation by the Winnipeg Police Service's Street Crime Unit has two Winnipeg men facing trafficking charges after a cache of drugs was found in a downtown apartment Saturday.

Officers found three grams of cocaine, just over $7,000 worth of ecstasy, 23 grams of pot, $3,155 in cash, and nearly 900 grams of an unknown leafy substance. **METRO**

Main Street

Man charged in stabbing

A man is behind bars after a fight on Main Street Saturday night left another man in hospital with stab wounds.

A 31-year-old man was taken to hospital in critical condition after police found him stabbed in the upper body in the 700 block of Main Street around 9 p.m.

The victim's condition has been since upgraded to stable. **METRO**

Finance, health, education — all get new ministers

Jennifer Howard is now finance minister after Premier Greg Selinger shuffled his cabinet on Friday. JOHN WOODS/THE CANADIAN PRESS

Cabinet shuffle. Selinger presses the reset button on key portfolios

Premier Greg Selinger shuffled around his NDP government Friday — demoting his troubled finance minister and dumping three others from cabinet.

Stan Struthers, who raised the provincial sales tax to eight per cent from seven per cent in last April's budget, has been shunted to municipal government — excluding the City of Winnipeg — and minister in charge of Manitoba Hydro.

"We're at a reset stage in our life as a government. We're looking forward to focusing very, very strongly on jobs and the economy," Selinger said.

Jennifer Howard moves from family services and labour to finance. Howard has also served as the government's house leader and is arguably its best performer in question period.

Erin Selby has moved from advanced education to health. She replaces Theresa Oswald, who spent seven years in the demanding portfolio. Oswald becomes the minister for jobs and the economy — a key role in the government's new focus.

Aboriginal Affairs Minister Eric Robinson, who came under fire this summer for comments he made about the "ignorance of do-good white people" in relation to a women's shelter, remains in his post.

Conservation Minister Gord Mackintosh, Transportation Minister Steve Ashton and Attorney General Andrew Swan — three veterans — are staying put as well.

Sharon Blady, James Allum and Erna Braun have all been elevated from the backbenches.

The cabinet remains the same size.

THE CANADIAN PRESS

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CN on best behaviour as it deals with derailment fallout: Experts

PR. Saturday's disaster in Gainford, Alta., was the company's third derailment involving hazardous goods in recent weeks

Emergency crews work at the scene of a train derailment near Gainford, Alta., on Sunday. JASON FRANSON/THE CANADIAN PRESS

CN Rail's strong and swift response to the derailment of a fuel-laden train in Alberta shows how anxious the company is to quell safety concerns as more dangerous goods travel by rail, experts said Sunday.

The railway company dispatched its top brass, led by chief operating officer Jim Vena, to handle the crisis after 13 cars carrying crude oil and liquefied petroleum gas came off the tracks and caught fire early Saturday in Gainford, west of Edmonton.

Within less than 24 hours, the company had publicly apologized for the disruption, while stressing the vast majority of its cargo arrives safely without incident.

"They have their COO out there, they've apologized, they're keeping everybody informed — that's all really good stuff," said Michael Davis, managing director of the Vancouver consulting firm Reputations.

"The reason is they're terrified they're going to pop up ... above the radar and all of a sudden they're going to start getting all this public pressure on the amount of oil products and petroleum products that are being shipped by rail."

CN's efforts may not be enough to counteract mounting safety concerns over hauling dangerous goods by rail, however, Davis said, pointing to last summer's disaster in Quebec involving another rail company.

"They have popped up onto the public radar because of Lac-Mégantic and then the other derailments over the last little while," he said.

No one was hurt in Saturday's derailment, but several cars leaked gas and burst into a giant fireball and roughly 100 residents were forced from their homes.

THE CANADIAN PRESS

Quoted

"We see a business here that is really pulling out all the stops to defend its brand."

Kenneth Wong, a marketing expert at Queen's University, on CN Rail.

New Brunswick

Shale-gas project opponents gather at First Nation

Hundreds gathered at a community hall in New Brunswick Sunday to discuss their opposition of the development of a shale-gas sector in the province as they garnered support from Manitoba.

Chief Arren Sock said the meeting at Elsipogtog First Nation was a chance for people in his community to tell their stories. Chief Derek Nepinak said the assembly chiefs in Manitoba sent him to New Brunswick to stand in solidarity with the protesters.

THE CANADIAN PRESS

Saskatoon

Hunters accidentally burned by police pepper spray

Saskatoon police are reviewing their training procedures with a type of pepper spray after several hunters were injured by the noxious gas during an exercise for officers outside the city.

The accident occurred Thursday when up to 10 civilians came into contact with OC Spray — causing what one described as "horrible burning" — at a firing range. A witness blamed a shift in wind direction for pushing the spray toward the hunters.

METRO IN SASKATOON

Politics

Four ridings up for grabs in November byelections

The battle for opposition supremacy is on after Prime Minister Stephen Harper set Nov. 25 as the date for four federal byelections.

Harper called the byelections on Sunday for Toronto Centre, the Montreal riding of Bourassa, and the Manitoba ridings of Provencher and Brandon-Souris.

Toronto-Centre and Bourassa are longtime Liberal strongholds, but the NDP is making a concerted effort to snatch the two ridings away. THE CANADIAN PRESS

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Applicable taxes calculated before $1,000CDN offer is deducted. ††Receive a winter safety package which includes: four (4) winter tires, four (4) steel wheels and four (4) tire pressure monitoring sensors when you purchase or lease any new 2013/2014 Ford Focus (excluding S and Focus Electric), Escape, Fusion, Edge (excluding Sport), Explorer, or Fiesta (excluding S) on or before December 2, 2013. This offer is not applicable to any Fleet (other than small fleets with an eligible FIN) or Government customers and not combinable with CPA, GPC, CFIP or Daily Rental incentives. Some conditions apply. See Dealer for details. Vehicle handling characteristics, tire load index and speed rating may not be the same as factory supplied all-season tires. Winter tires are meant to be operated during winter conditions and may require a higher cold inflation pressure than all-season tires. Consult your Ford or Canada dealer for details including applicable warranty coverage. ©2013 Sirius Canada Inc. 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Media source for data on Syria's civil war is mysterious, biased: Opponents

Controversial. Rami Abdurrahman sees competing allegations of bias as evidence that he's fair

He's practically a one-man band, but Rami Abdurrahman's influence extends far beyond his small home in Coventry, England.

The 42-year-old operates the Syrian Observatory for Human Rights from his house, and a review of recent media coverage suggests its tally of killings and clashes is the most frequently cited source for news organizations.

But some say his figures need scrutiny. Opponents say he is in cahoots with opposition forces bankrolled by Gulf Arab states, skewing casualty figures to keep the spotlight off rebel atrocities. Others say he's in league with the Syrian regime.

Opponents accuse him of overplaying incidents of sectarian violence to blacken the reputation of those trying to topple President Bashar Assad.

Abdurrahman — whose real name is Ossama Suleiman — defended his decision to use a pseudonym as part of the Arab tradition of the nom de guerre.

"He's just everywhere," said Joshua Landis, the director of the Center for Middle East Studies at the University of Oklahoma.

"He's the go-to guy for figures.... I can't think of anybody who comes close."

Abdurrahman sees the competing allegations as evidence that's he's being fair: "You know you're doing a good job when all the sides start to attack you," he said in a recent interview.

Abdurrahman, who says he makes his living from a clothing shop, says the Observatory relies on four unnamed activists in Syria and a wider network of monitors across the country to document and verify clashes and killings.

By his own account, Abdurrahman operates as a kind of human switchboard, fielding calls round-the-clock from Syrian activists, international journalists, and human-rights workers.

Particularly intense news days have seen up to 500 calls, he said.

Suspicions have long dogged Abdurrahman.

Is the self-exiled Syrian really who he says he is?

Who's behind his organization?

And is he accurate enough to justify the world's reliance on his reporting?

Abdurrahman's accuracy matters because so many news organizations use his reporting.

He claims to have rarely gotten it wrong, saying he could think of only two cases in which he overstated casualty figures.

Other mistakes, such as confusing a car bombing with a mortar strike, were more common, but in every case he insisted errors were corrected.

"We're human, we make mistakes," he said.

His level of prominence in news stories worries those awho harbour doubts about his organization.

The problem with checking what's going on in Syria is that few people can gain access to the areas involved, said human-rights researcher Cilina Nasser, who works for Amnesty International.

She described Abdurrahman as careful and "usually accurate."

Her opinion was largely seconded by Lama Fakih, a researcher with New York-based Human Rights Watch.

"In broad strokes, the reporting is solid," she said.

THE ASSOCIATED PRESS

Fishy?

Suspicion surrounds self-exiled Syrian Rami Abdurrahman. Who's behind him? Who is he? Should world media rely on his reporting?

- "Something is going on which is quite fishy," said As'ad AbuKhalil, a professor at California State University.

Rami Abdurrahman speaks at his modest home in Coventry, England, from where his Syrian Observatory for Human Rights keeps a controversial tally of killings and clashes in the Syrian civil war. RAPHAEL SATTER/THE ASSOCIATED PRESS

385 killed in October

Violence on the rise in Iraq

A suicide bomber slammed his explosive-laden car Sunday night into a busy café in Iraq's capital, part of a day of violence across the country that killed 45 people, authorities said. The bombing at the café in Baghdad's primarily Shiite Amil neighbourhood happened as it was full of customers. The café and a nearby juice shop is a favourite hangout for young people, who filled the area at the time of the explosions.

The blast killed 35 people and wounded 45, Iraqi officials said.

Violence has been on the rise in Iraq following a crackdown by security forces on a Sunni protest camp in the town of Hawijah in April.

THE ASSOCIATED PRESS

Morsi supporters

Tensions flare up again in Egypt

Egyptian anti-riot police fired tear gas Sunday at hundreds of supporters of the country's ousted Islamist president, besieging them inside a prestigious Muslim institution after stone-hurling protesters cut off a main road.

Sunday's clashes marked the second day of unrest at Al-Azhar University, Sunni Islam's most prominent centre of learning.

Many supporters of ousted president Mohammed Morsi's Muslim Brotherhood are students at Al-Azhar, a stronghold of the group.

The campus is also near where Islamists had a sprawling protest camp that security forces raided in August, leaving hundreds dead.

THE ASSOCIATED PRESS

New South Wales

Wildfires destroy more than 200 Australian homes

Firefighters battling some of the most destructive wildfires to ever strike Australia's most populous state were focusing on a major blaze Sunday near the town of Lithgow that stretched along a 300-kilometre front.

Authorities warned that high temperatures and winds were likely to maintain heightened fire danger for days in the state of New South Wales.

The fires have killed one man, destroyed 208 homes and damaged another 122 since Thursday.

Firefighters have taken advantage of milder conditions to reduce the number of fires near towns around Sydney from more than 100 on Thursday night to 61 on Sunday. THE ASSOCIATED PRESS

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Opponents of a gay pride march throw stones at riot police in Podgorica, Montenegro, Sunday. Police used tear gas when protesters tried to push through cordons of police protecting the march. RISTO BOZOVIC/THE ASSOCIATED PRESS

Opponents of gay march clash with Montenegro police

Test. Pride marches seen as a test of country's commitment to human rights as it seeks to join the European Union

Police in Montenegro fired tear gas to repel anti-gay extremists who threw rocks and firebombs at officers protecting a gay pride march Sunday, officials said. About 60 people were injured.

The violence occurred when the attackers tried to push through hundreds of police to reach those taking part in the march in Podgorica, the capital of the staunchly conservative Balkan country. After the march, the gay rights demonstrators were evacuated to a safe location in police vehicles.

Police said about 20 of the injured during the clashes were officers, and the remaining 40 were from "hooligan groups." About 60 of around 1,500 extremists who took part in the riots were arrested, police said.

March organizer Danijel Kalezic said the police protection allowed about 150 gay activists to walk peacefully through the city.

"As of today, gay people are no longer invisible in Montenegro," Kalezic said. "From today, these streets are ours as well."

THE ASSOCIATED PRESS

Quoted

"As of today, gay people are no longer invisible in Montenegro."

Danijel Kalezic, gay march organizer

Shutdown kills fanfare for new U.S. destroyer

After embarrassing troubles with its latest class of surface warships, the U.S. navy is hoping for a winner from a new destroyer that's ready to go into the water.

So far, construction of the first-in-class Zumwalt, the largest U.S. navy destroyer ever built, is on time and on budget, something that's a rarity in new defence programs, officials said. And the navy believes the ship's big gun, stealthy silhouette and advanced features will make it a formidable package.

The christening of the ship bearing the name of the late Adm. Elmo "Bud" Zumwalt was cancelled a week ago because of the federal government shutdown. Without fanfare, the big ship will be moved to dry dock and floated in the coming days.

Meanwhile, the public christening ceremony featuring Zumwalt's two daughters will be rescheduled for the spring.

Adm. Zumwalt served in destroyers during the Second World War and was awarded a Bronze Star for valour at the Battle of Leyte Gulf. As the nation's youngest chief of naval operations, appointed at age 49 by then-president Richard Nixon, he fought to end racial discrimination and allowed women to serve on ships for the first time.

THE ASSOCIATED PRESS

The Zumwalt, the largest U.S. navy destroyer ever built, seen at Bath Iron Works in Maine on Oct. 8. ROBERT F. BUKATY/THE ASSOCIATED PRESS

Innovative ship

- The ship is 30 metres longer than the existing class of destroyers.
- It features a new gun that fires rocket-propelled warheads as far as 160 kilometres.
- Unlike warships with towering radar- and antenna-laden superstructures, it will ride low, making it stealthier than other warships.
- The power plant can produce enough electricity to power 78,000 homes — making it a potential platform for futuristic weapons like the electromagnetic rail gun to fire a projectile at seven times the speed of sound.

Bootleg booze

Indian toxic liquor death toll now 42

Another 10 people have died in hospitals after drinking toxic bootleg liquor in Uttar Pradesh state in northern India, police said Sunday, raising the death toll to 42 in the past three days.

Police arrested 32 people for illegally brewing and selling the toxic drink to the villagers, who were celebrating the Hindu Dussehra festival. Illicit liquor is often spiked with chemicals such as pesticides to increase potency.

THE ASSOCIATED PRESS

French politics

Now far-right party feels affronted

France's far-right party is filing a complaint against Justice Minister Christine Taubira, who called the party's ideas "murderous" after one of its members compared her to a monkey.

Last week, a National Front candidate in a municipal election posted a montage on Facebook that implied a photo of a monkey was a baby picture of Taubira, who is black. The Front has since suspended Anne-Sophie Leclere's candidacy. THE ASSOCIATED PRESS

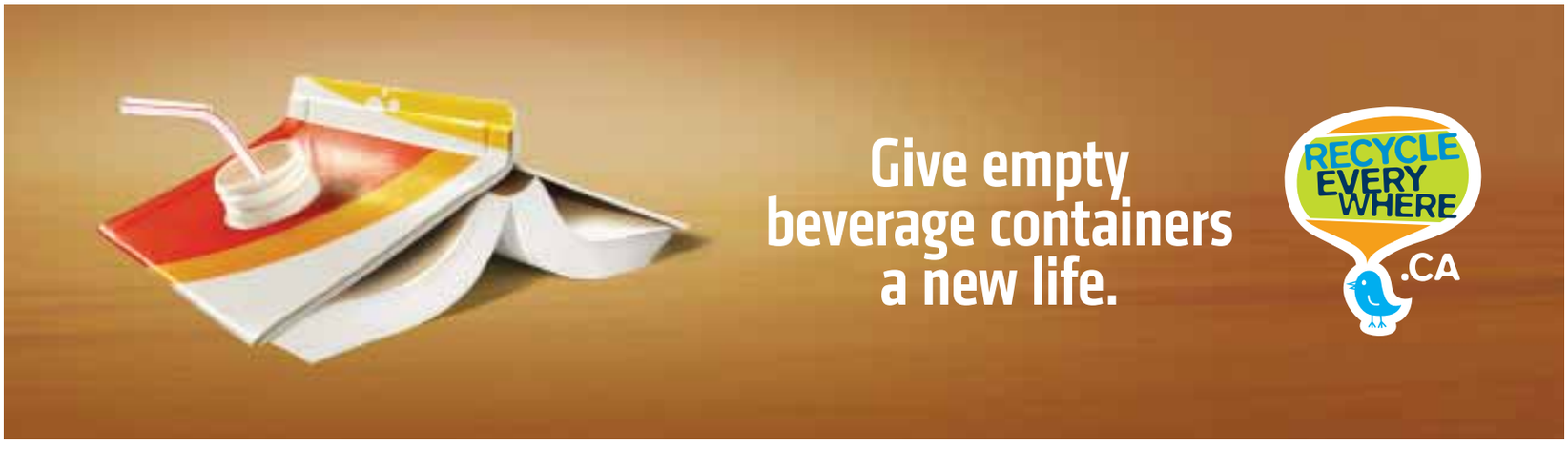
Laos plane crash

Signals picked up from black box

Investigators in Laos said they picked up underwater signals Sunday that they believe are from the black box of a passenger plane that crashed into the Mekong River last week, but that strong currents were thwarting attempts to find it.

The Lao Airlines ATR-72 turboprop plane crashed Wednesday. All 49 people on board are presumed dead. So far, 41 bodies have been recovered.

THE ASSOCIATED PRESS



Argentina's agro-boom — is it poisoning its people?

Agrochemicals.
Pesticides may be the cause of health problems — from cancer to birth defects — in the country's vast farm belt

Argentine farm worker Fabian Tomasi wasn't trained to use protection as he pumped pesticides into crop dusters. Now, at 47, he's a living skeleton.

Schoolteacher Andrea Druetta lives in a town where it's illegal to spray agrochemicals within 500 metres of homes, yet soy is planted just 30 metres from her back door. Recently, her boys were showered in chemicals while swimming in their backyard pool.

Sofia Gatica's search for answers after losing her newborn to kidney failure led to Argentina's first criminal convictions for illegal spraying last year. But 80 per cent of her neighbours' children surveyed carry pesticides in their blood.

American biotechnology has turned Argentina into the world's third-largest soy producer, but the chemicals powering the boom aren't confined to soy, cotton and corn fields. The Associated Press documented dozens of cases where these poisons are used in ways specifically banned by existing law.

Now doctors are warning that uncontrolled pesticide use could be the cause of growing health problems among the 12 million people who live in Argentina's vast farm belt.

"The change in how agriculture is produced has brought, frankly, a change in the profile of diseases," says Dr. Medardo Avila Vazquez. "We've gone from a pretty healthy population to one with a high rate of cancer, birth defects and illnesses seldom seen before."

Once known for its grass-fed beef, Argentina has undergone a transformation since 1996, when the U.S.-based Monsanto Company marketed a new model of higher crop yields and fewer pesticides through its patented seeds and chemicals.

In response to soaring complaints, President Cristina Fernandez ordered a commission in 2009 to study the impact of agrochemical spraying on health. Its initial report called for "systematic controls over concentrations of herbicides and their compounds."

Hospital records show birth defects quadrupled in the province of Chaco in the decade after genetically modified crops were approved. A medical team then surveyed 2,051 people in six towns, finding more disease wherever people are surrounded by farms.

In the farming village of Avia Terai, 31 per cent said a family member had cancer, compared with three per cent in the ranching village of Charadai. They also documented children with malformed skulls, exposed spinal cords and strange skin problems.

It may be impossible to prove a specific chemical caused an individual's illness. But doctors are calling for broader, longer-term and more independent research, saying governments should make the industry prove that the accumulated agricultural burden isn't making people sick.

THE ASSOCIATED PRESS

Two-year-old Camila Veron, born with multiple organ problems and severely disabled, stands outside her home in Avia Terai, Argentina, on March 31. It's nearly impossible to prove that exposure to a specific chemical caused an individual's cancer or birth defect, but doctors say these cases merit a rigorous government investigation.

ALL PHOTOS NATACHA PISARENKO/THE ASSOCIATED PRESS

Five-year-old Aixa Cano, who has hairy moles all over her body that doctors can't explain, sits outside her home in Avia Terai, Argentina.

Former farm worker Fabian Tomasi shows the condition of his emaciated body as he stands inside his home in Basavilbaso, Argentina. Tomasi's job was to keep crop dusters flying by quickly filling their tanks, but he says he was never trained to handle pesticides.

Spraying laws vary

23

Some of Argentina's 23 provinces ban spraying within three kilometres of populated areas; others say farmers can spray as close as 50 metres. About one-third set no limits, and rule-breakers are very rarely punished.

Chemicals in class

11

Teachers in Entre Rios began to file police complaints this year. They said sprayers failed to respect 50-metre limits at 18 schools, dousing 11 during class.

Cancer rates

4

In Santa Fe province, the heart of Argentina's soy industry, cancer rates are up to four times higher than the national average.

Birth defects

4

In Chaco, the nation's poorest province, children became four times more likely to be born with devastating birth defects in the decade since biotechnology dramatically expanded industrial agriculture.

Bolivian coca-eradication squad ambushed; 2 dead

Soldiers stand around the coffin of Bolivian soldier Oscar Gironda during a wake at the military barracks in La Paz, Bolivia, Sunday. JUAN KARITA/THE ASSOCIATED PRESS

A police officer Sunday became the second member of a government eradication squad to die of gunshot wounds from an ambush by coca growers, who authorities said were holding eight squad members hostage.

Ten more members of the joint military-police team suffered gunshot wounds and 10 were injured by blows in Saturday's attack in a rural area of the remote municipality of Apolo, about 145 kilometres north of La Paz, Interior Minister Carlos Romero said.

It was the first fatal attack on a coca-eradication team since Evo Morales, a coca-growers union leader, was first elected president nearly eight years ago.

A bullet perforated the stomach and pancreas of the police officer who died Sunday, the Interior Ministry said in a statement. It said an army lieutenant who died Saturday suffered a gunshot wound that pierced a lung.

A local coca-grower leader, Gregario Cari, told The Associated Press by phone that security forces had attacked with tear gas and gunshots. Cari said the growers were only trying to protect their crops.

"I have information that the comrades were provoked," Cari said. He said the growers took hostages for their own security and were seeking dialogue to prevent "confrontation."

Bolivia's government considers two-thirds of its coca crop to be legal. But it dispatches teams to eradicate unapproved coca fields, and the official in charge of the effort, Felipe Caceres, said more than 90 square kilometres have been destroyed so far this year.

U.S. officials say tons of Bolivian coca leaves are being processed into cocaine, whose main destination is Brazil, Argentina and Europe.

Morales expelled the U.S. Drug Enforcement Administration in 2008, accusing it of inciting political opposition.

The U.S. says the result has been a rise in trafficking and related violence in Bolivia that is fuelled by official corruption. Effective this month, it halted all counter-narcotics aid to Bolivia. THE ASSOCIATED PRESS

Customers decide how to spend $80M of H&M's charity money

Corporate responsibility. Fast-fashion giant H&M lets customers decide philanthropy with online crowdsourcing

ELISABETH BRAW
Metro World News in London

Why give money to good causes if your customers don't know about it? Global corporations are discovering how to get customers involved with philanthropy through crowdsourcing.

H&M will announce Monday an online poll that lets customers decide where the fashion chain's philanthropic arm should spend SEK 500 million (about $80 million).

"We felt that it was important to know what people consider vital," explains Helena Thybell, global manager for H&M Conscious Foundation. "And it's a good way of creating engagement: What are people passionate about? There are lots of people around the world who really care and are concerned about the future of the planet."

Other consumer product giants such as Ford and Pepsi have already tried crowdsourced philanthropy.

"It accomplishes the company's goal of making their customers aware of their CSR (corporate social responsibility)," notes Mari Kuraishi, co-founder and president of globalgiving.org, which connects people with causes that suit their taste.

"We think this is a great way to empower our staff and customers," H&M CEO Karl-Johan Persson tells Metro.

"Their votes will have a real impact as they determine what the H&M Conscious Foundation should focus on (in) the coming years."

But while voting might be fun, how much good will the resulting projects do?

In some cases it may seem little more than a publicity stunt, says Kuraishi, but it also gets CSR on consumers' agendas: "If consumers are involved, they'll talk about it with their friends. By contrast, you wouldn't dig up a company's CSR report and talk about it with your friends at the pub."

Model Jennie Runk in an H&M swimsuit. COURTESY H&M

Global giving

H&M's new crowdsourced philanthropy campaign means you can shop and do good at the same time.

- **Pick your passion**
  There are five options to choose from, ranging from clean water to women's empowerment. The top three picks will be funded by H&M for a multi-year engagement.
- **Expert input**
  A panel of experts, including Catholic Archbishop Desmond Tutu, narrowed down the shortlist of beneficiaries.
- **Online ballots**
  Customers can vote at makeadifference.hm.com.

Karl-Johan Persson, CEO of Swedish fashion retailer H&M, right, says his company's crowdsourced charity campaign will empower customers to help change the world. MARC FEMENIA/TT NEWS AGENCY/THE ASSOCIATED PRESS

Green entertainment

Matt Damon wins eco award

Actor Matt Damon, who starred in the fracking drama Promised Land, was recognized with the Ongoing Commitment award for his film's eco-friendly messages by the Environmental Media Association Saturday night.

The organization aims to channel the power of celebrity and media to promote sustainable behaviours and ecological awareness.

Also honoured was Netflix's House of Cards, as well as HBO documentary Gasland Part II, reality show VICE, ABC comedy Last Man Standing and Nickelodeon's Nick News with Linda Ellerbee.

THE ASSOCIATED PRESS

Matt Damon starred in fracking drama Promised Land. FOCUS

Better at math. Bank of Canada economists get failing grade in writing

An internal report card says the Bank of Canada's economists don't write too good.

"Economists' writing skills were identified by many as an area for improvement," says an audit ordered by the bank.

"This includes difficulties being succinct, grammatically correct and prioritizing the data into useful information."

Auditors examined an elite group of bank economists, most of them with graduate degrees, who dissect the state of the Canadian and international economies. Their advice is used to set Canada's monetary policy.

This analysis, which now takes up to half the time of these economists, also appear to have created a paper jam as managers must then edit the below-standard English or French.

THE CANADIAN PRESS

Call a computer doctor. Online glitches slow U.S. health-care sign-ups

U.S. President Barack Obama is expected Monday to address the problem-plagued rollout of his health-care legislation.

The rough start for the healthcare.gov website has been a black eye for Obama's goal to insure millions of Americans without coverage.

Officials initially blamed a high volume of interest for the frozen screens that many people encountered. Officials said about 19 million people have visited the site as of Friday night. Since then, they have also acknowledged problems with software and elements of the system's design.

Officials say more than 476,000 health insurance applications have been filed, but have not said how many people have actually enrolled during the first three weeks.

THE ASSOCIATED PRESS

Winnipeg Transit
EVERY TUESDAY IS TRANSIT TUESDAY
Read Transit Tuesday in Metro.
Featuring the latest from Winnipeg transit – including transit news, commuter tips and cool promotions - and much more!
metro
News worth sharing.

JOB POSTING: SEEKING ONE CAO

URBAN COMPASS

Colin Fast
winnipeg@metronews.ca

With the sudden resignation of CAO Phil Sheegl last week, just days before the fire hall audit becomes public, the City of Winnipeg finds itself looking for new leadership at the top. Since the administration is operating shorthanded right now, I thought I'd save some time and come up with an early draft of the job posting:

Are you an experienced municipal administrator who thrives on stress and dysfunction? Then the City of Winnipeg has a nearly impossible challenge for you!

Due to a recent opening, we are seeking qualified candidates for the position of Chief Administrative Officer (CAO).

As head of the civil service, the CAO is expected to provide exemplary leadership and management skills in running the day-to-day operations of the City of Winnipeg, and helping it achieve its goal of becoming a "City of Opportunity"...or "The Heart of the Continent"... or at least not Regina.

Oh, wait, we're told Regina is actually doing pretty well these days, so it's OK if you lead us toward becoming Regina, too. Go Riders!

The ideal candidate should possess several years experience working in government and a thorough understanding of how municipal government operates. Let's just say that was a bit of an issue in the past.

As CAO, your interpersonal skills will certainly be put to the test. Not only will you be directly responsible for 9,000 or so employees (we don't actually know the exact number, maybe that's something you could figure out?), but you will also work closely with the mayor and city council in carrying out their strategic objectives.

Actually, first you might want to sit down with them and figure out if they actually have any strategic objectives. Currently it's a bit vague, but seems to have something to do with fighting crime by using potholes and brown water.

You should be prepared to relocate to Winnipeg on a permanent basis. If you do have a vacation property, we'd prefer it is only used sparingly. We'd also really prefer it's not located in Arizona. Or at least make it Sedona and not Phoenix. That's a bit of a touchy point around these parts.

As part of the hiring process, applicants will be expected to complete a series of skill-testing questions, like: "Do you think a water park and budget hotel are the most appropriate use for a high-profile piece of land in the middle of the city?" Or, "When building new civic infrastructure, how important is it that the city actually own the land?" A team of external auditors will be hired to assess the answers.

You should have your own vehicle, but will not be permitted to park it on the loading ramp into city hall or along adjacent streets reserved for police vehicles.

Finally, it would honestly be really helpful if you didn't have any pre-existing relationships with our elected officials. In fact, we'd prefer you couldn't even pick one of them out of a police lineup, much like most of the public.

ZOOM

Nelson Mandela larger than life

GETTY IMAGES

Spray paint artist captures a leader

Street artist Victor Landeta spray paints a portrait of former South African leader and human rights activist Nelson Mandela on a sliver of the former Berlin Wall on Saturday in Kleinmachnow, Germany. Ailing Mandela recently spent three months in a hospital and is now receiving treatment at home. GETTY IMAGES

Wise words

"There is no passion to be found playing small — in settling for a life that is less than the one you are capable of living." Nelson Mandela

Former German chancellor Willy Brandt on a sliver of the former Berlin Wall. He received a Nobel Peace Prize for attempting to warm relations between West Germany and countries in the Soviet Bloc. GETTY IMAGES

Clickbait

ANDREW FIFIELD
andrew.fifield@metronews.ca

Bandcamp is an online music store that allows users to buy directly from the artist at prices that tend to be beautifully affordable. Cool, right? But, wait! It gets better. You can preview albums in their entirety before purchasing anything, making it the perfect mixture for supporting Canadian talent like this.

CONTRIBUTED

No Babies:
The debut (I assume) album from this Dartmouth group is pure sugary bliss from the opening seconds. A heady mix of electro-pop and beachy guitar jams. The only complaint I have is that it wasn't released in June. (thenobabies.bandcamp.com)

Viet Cong:
A supergroup of sorts, made up of veteran Calgary musicians who have mastered the sort of stark post-punk that seems more at home in Manchester than anywhere in Alberta. Fans of the dearly-missed Woman, once one of the country's most promising young bands, will find both familiar sounds and familiar members here. (vietcong.bandcamp.com)

Hooded Fang:
Good old fashioned garage rock, delivered with crashes and bangs. If that sounds like your kind of thing, and it should, give their latest album, Gravez, a spin. There's literally nothing to not like in there. (dapsrecords.bandcamp.com)

Twitter

@metropicks asked: One MP will introduce a private member's bill to protect unpaid workers. What's the best solution?

@TheGr8tstManEvr: Elect Justin Trudeau to a majority.

@KMouse66: Fine the employers for exploiting slave Labour.

@wgb75: Dont take non paying jobs in first place.

@1puttB: 2013 and we still have slavery?

@Dennis2ride: deny workplaces from using interns.

@cndougherty: definitions will be critical - how will this impact the Canadians who volunteer?

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU: Send us your comments: winnipegletters@metronews.ca

metro

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London, England

Depp salutes horror-film star Christopher Lee

Johnny Depp has made a surprise appearance at the London Film Festival to give a career honour to horror icon Christopher Lee.

Depp called Lee "a national treasure" and "a genuine artist" as he presented the 91-year-old actor with a British Film Institute Fellowship on Saturday.

He said it had been "a childhood dream come true" to work with Lee. The two actors appeared together in Tim Burton's Sleepy Hollow, Dark Shadows and Charlie and the Chocolate Factory. THE ASSOCIATED PRESS

Christopher Lee and Johnny Depp
INVISION FOR BFI/THE ASSOCIATED PRESS

Movie rankings

Gravity's box office shows no signs of returning to Earth

Topping the box office for the third straight week, the space adventure Gravity continues to be the box-office juggernaut of the fall. The film, starring Sandra Bullock, earned $31 million US over the weekend, according to studio estimates Sunday. The Warner Bros. film has now made more than $170 million US in three weeks. Tom Hanks' Somali pirate docudrama Captain Phillips held in second place at the box office. THE ASSOCIATED PRESS

From left, Clark Gregg, Brett Dalton and Chloe Bennet in a scene from Marvel's Agents of S.H.I.E.L.D. JUSTIN LUBIN/ABC/THE ASSOCIATED PRESS

Agent Coulson, man of steel (and milquetoast)

Television. Actor Clark Gregg's geeky alter ego proves both bad-ass and boyish as the star of Agents of S.H.I.E.L.D.

Like the character he plays, Clark Gregg has worked his way up the career ladder.

Five years ago, he played Agent Phil Coulson for the first time as a small role in the Robert Downey Jr. romp Iron Man.

Now, after gaining an ever-higher profile as Coulson in subsequent projects, including last year's mega-hit The Avengers, Gregg has broken out as the star of Marvel's Agents of S.H.I.E.L.D., the new acronymic sci-fi thriller airing on CTV which finds Coulson leading a hand-picked band of agents on their extra-special missions.

Gregg's own mission: to savour his spot as No. 1 on the Marvel's Agents call sheet after years of diverse, solid and often acclaimed work that, nonetheless, fell short of making him a household name.

Gregg, 51, has earned his new prominence. As Coulson, he projects a mild demeanour (except when he doesn't) and a boyish smile (except when he takes dead-aim with his weapon or busts a bad guy in the chops). He's a tangy blend of milquetoast and steel.

And he looks good, though not too good, in his habitual company-man business suit.

"Coulson never takes his suit off," said executive producer Maurissa Tancharoen, speaking from Los Angeles, "whether he's on the beach, in the jungle ..."

"But at the risk of spoilers," stepped in fellow exec producer Jed Whedon, "you will see him in a future episode — sans tie!"

Agent Coulson is also a master of the dry quip, courtesy of Gregg. "No matter what the line, Clark always makes it sound so classy and cool," said Tancharoen.

"The show doesn't take itself too seriously," Gregg notes gratefully during a recent chat in New York, "except in the moments when it needs to. The rest of the time it has a real sense of humour. 'I'm going to Taser you and watch Supernanny while you drool into the carpet': That's just not the kind of line I've gotten playing an agent in something else," like, for instance, The West Wing, where he had a recurring role as, yes, an FBI special agent.
THE ASSOCIATED PRESS

When super-agents take selfies

"Coulson loves his job. He's jaded; he's seen too much, but he can really geek out. You could imagine him doing selfies with crazy alien corpses! I'm making that up, but he's WAY into what he does."

Actor Clark Gregg, who stars as Agent Phil Coulson on Marvel's Agents of S.H.I.E.L.D.

Celeb offspring. Duhamel says his son's no crybaby

Proud papa Josh Duhamel has no problem bragging about his well-behaved baby. The 40-year-old actor and his wife, Fergie of the Black Eyed Peas, welcomed their first child, Axl Jack, on Aug. 29.

"What's surprised me the most is how well behaved he is. I was expecting a crying baby all the time and he's been really mild-mannered," Duhamel said.

But he's aware of what could be in store if the couple ever decides to expand the brood. "I think somehow biology, the universe, whatever, you know, gives you like a pleasant baby first so that you have another one, procreate, and then the next one's a holy terror and then you really realize what being a new parent is all about," joked Duhamel.
THE ASSOCIATED PRESS

Desperate Housewives

Sheridan's case against ABC nixed

A judge has dismissed actress Nicollette Sheridan's long-running lawsuit against ABC over her firing from the hit series Desperate Housewives. He ruled the case couldn't proceed because the actress should have exhausted her claims to a labour commissioner before pursuing a trial.
THE ASSOCIATED PRESS

Tour cancelled. Mahone is being treated for blood clot

Teen singer Austin Mahone has postponed his tour and is being treated for a blood clot in his throat. A representative for the 17-year-old said in a statement that Mahone was admitted to the hospital Thursday with a 40 C temperature. The rep adds that he's dealing with "extreme inflammation in his throat as well as severe dehydration."
THE ASSOCIATED PRESS

Austin Mahone performs in New York on Oct. 11. INVISION/THE ASSOCIATED PRESS

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop Goes The Week

What's wrong Charlie, you don't like money?

STARGAZING
Malene Arpe
scene@metronews.ca

Possible reasons Charlie Hunnam left the production of 50 Shades Of Grey. A) He didn't want to end up in a Robert Pattinson-type situation, being forever known for one terrible role. B) He finally got around to reading the books. C) Creative differences. D) He hates money. E) His feelings were hurt when Britney Spears said she wanted James Franco to play Christian.

Martha Stewart said of Gwyneth Paltrow that she hopes she's "authentic" and that, "She wants to be a lifestyle arbiter — fine ... I think I started this whole category of lifestyle." Martha continued, "also, everything is mine and you can't have any. Neener-neener. Are your goats trained to make their own cinnamon-scented candles?"

Meg Ryan is returning to TV where, "she will play a sunny, devoted and non-confrontational mom who returns to a publishing house where she was once a brilliant editor." Don't tell me! Don't tell me! Her boss will be Tom Hanks and they will bicker and then they'll have polite sex. Did I get it right? Is there a prize?

Model Kat Torres says she's dating Leo DiCaprio and calls him "amazing." Leo's rep denies the two are or have ever been a couple and that, Kat, is how a non-disclosure contract works. Now you'll know for when you start dating Bradley Cooper.

Wedding Bell finally tolls for Kristen as she marries Dax in spontaneous style

After a very long engagement, Kristen Bell and Dax Shepard have reportedly tied the knot in an incredibly low-key and spontaneous ceremony, according to TMZ. "We just haven't gotten it together on a Saturday to get to the courthouse," Bell told E! News recently when asked about the delay. "It's just out of laziness that we haven't actually done it yet." Bell and Shepard did finally make it to the Beverly Hills City Clerk's Office this weekend, and though they planned to just get their marriage licence, sources say they ended up going ahead and taking the plunge. Bell and Shepard had been engaged for years but refused to wed until same-sex marriage was reinstated in California.

Kristen Bell

Colin Farrell. ALL IMAGES GETTY

Ex hellraiser Farrell recalls his crazy drug-filled days

Colin Farrell isn't afraid to discuss his hard-partying, pre-rehab past, explaining that when he'd finally sought treatment after filming Miami Vice, he felt like his body was dying. "I'd gotten out of control. For years I could indulge in certain things," Farrell says in a recent The Late Late Show interview. "I had quite a high tolerance for various drugs for years, I thought. It accumulated to the point where I couldn't put my foot on the brake anymore."

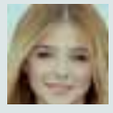
Zac Efron

Efron keeps it low key and all boys for birthday bash

Zac Efron celebrated his 26th birthday with a round of golf with his dad during the day and small shindig with friends — no girls allowed — at the Chateau Marmont, according to Us Weekly. The former High School Musical star, who completed a stint in rehab earlier this year for reported problems with cocaine and alcohol, was joined by Robert Pattinson, Joe Jonas and his That Awkward Moment co-star Michael B. Jordan for the festivities.

Twitter

@Josswhedon
"Friendzone" means any woman who doesn't have sex w/a guy is doing him an injustice. The term debases everyone. Can we retire it?



@ChloeGMoretz
Tomorrow! Japan!!

@oliviawilde
The fact that the valet guy just called me "sir" isn't as awesome as how long it took his buddy to convince him he was wrong.

Skin care

Pregnancy routine

Your growing body will experience new issues, including itchy skin and stretch marks. And certain ingredients, like your trusty retinol cream, are now off-limits.

Dermatologist Debra Jaliman, author of Skin Rules, lets you in on your new skin-care routine.

What are some skin issues for pregnant women?
One of the biggest issues for expectant mothers is melasma, when pregnant women get brown discolouration on their face. So it's very important to use a broad-spectrum SPF 30 sunscreen every day, rain or shine. Pregnant women are also often very itchy, so it's important to use mild cleansers when washing the skin and also to take short showers and avoid hot water.

How should pregnant women take care of their skin?
It's important to use a moisturizer when getting out of the shower and avoid vigorously towel drying. Instead, pat the skin dry gently.

Are there any products to avoid?

Pregnant women should avoid retinol. ISTOCK

Certain products should be avoided. These include retinol, salicylic acid, hydroquinone, kojic acid and benzoyl peroxide. METRO

Exclusively online

Are your kids ready to pop some hashtags? Find out with Metro content from Lyranda Martin Evans and Fiona Stevenson, authors of the bestselling book Reasons Mommy Drinks, at metronews.ca/voices. Hashtag your reasons on social media to #reasonsmommydrinks

All fun and games till your kid's schedule stresses everyone out

Extracurricular activities. Are hockey, soccer, tennis, swimming and piano lessons too much?

IT'S ALL RELATIVE
Kathy Buckworth
Kathybuckworth.com

When I was a kid, like many of my friends I would race home after school so I could change and get outside to play. We used to run from door to door, calling on other kids to come out.

You know the word "play", right? Besides when it's referencing a video game? We would stop playing only for dinner and homework and the occasional episode of Get Smart or The Partridge Family.

Our time was, for the most part, totally unstructured, unless you consider being told to "be home when the streetlights go on" as structure.

I did also learn how to play badminton, squash, tennis, and took swimming and skating lessons. Most happened on the weekend, leaving our weekdays relatively free. Free, compared to the schedules of many kids today, including my own.

When all four of mine were engaged in sports, I needed a spreadsheet to keep track of it. My book Shut Up & Eat was mostly inspired by the fact that family meals became more about logistics than they did nutrition, and might have included consideration of what one can eat in a car on the way to the hockey arena.

Many parents are driving themselves and their vehicles to the brink all week as they ferry children from karate to guitar to skating to tournaments and extra practices and the dreaded of all time-suck activities — the "Rep" level team, be it hockey, soccer, swimming, etc.

(I remember myself at age eight, and my sister at 10 taking the city bus by ourselves to swimming lessons. Shocking.)

There are many theories as to whether exposing our kids to this type of structure and (arguably) overscheduling is good for them.

On the positive side, they learn teamwork, commitment, engage in physical activity and/or cultural stimulation. Critics would say it's stressful for them and that they don't know how to amuse themselves for longer than it takes to wait for a brother's gymnastics lesson to end.

My advice? Pick and choose the way you spend their time, your time and your money when deciding on extracurriculars. Check your bank balance, your calendar and make sure it's something they want to pursue versus your own interest or those of their friends. Investigate responsibilities for fundraising, out of town tournaments and equipment costs before committing.

After all, in the words of William Shakespeare, "The play's the thing," isn't it?

Parents should choose their child's activities carefully. ISTOCK

Why you don't want to raise a candy girl

Dental surgery rates among preschoolers were the highest in Nunavut, the Northwest Territories and Saskatchewan. ISTOCK

For thousands of Canadian preschoolers, going to the dentist doesn't mean a visit to a clinic for a minor cavity, but going under general anesthesia for dental surgery in a hospital.

About 19,000 children aged one to five end up in hospital each year because they have multiple cavities and tooth decay so severe that it requires surgical treatment, says a report from the Canadian Institute for Health Information (CIHI), released Thursday.

In fact, about one-third of all day surgery operations for preschoolers — who still have their baby teeth — are done to perform substantial dental work.

"When you see the numbers, when you think 19,000 kids, you just really are taken aback," said Anne McFarlane, CIHI vice-president for Western Canada and developmental initiatives.

"And that's just the tip of the iceberg," McFarlane said from Victoria, noting that the figure doesn't capture children who are waiting for surgery or those who had their dental work done in a clinic.

Dental surgery rates among preschoolers were highest in Nunavut, the Northwest Territories and Saskatchewan, while Ontario, Alberta and B.C. had the lowest rates in the country.

McFarlane said a number of factors likely contribute to children who still have their baby teeth developing substantial decay: lack of fluoridation in water, ignorance of good dental hygiene practices and having limited access to dental care if living in a rural or remote community. THE CANADIAN PRESS

Peg your post-secondary promptly: The early bird gets the excellent education

School search. Don't leave what could be a life-changing decision until the last minute

Stop dreaming of the higher learning hunt. Get off your chair and start seeking out your perfect school. ISTOCK

It may feel like the school year just started, but soon thousands of Canadian students will be turning their focus toward the next stage of their academic careers: applying to post-secondary school.

In 2012, there were 793,000 full-time and 234,000 part-time undergraduate students in Canada, according to the Association of Universities and Colleges of Canada.

"Grade 12 comes upon students very quickly — quicker than they realize," said George Granger, executive director of the Ontario Universities' Application Centre, whose organization worked with an affiliate group of the Council of Ontario Universities to organize the fair.

Granger, who previously served as a registrar and director of admissions, said selecting a university or college is "one of the most important choices" students will make at this point in their lives.

"It's right up there with careers and relationships and where you're going to live. For a lot of them, it's a challenging moment."

Granger shares tips on how students can best prepare for the application process and ways to whittle down their pool of choices to select their ideal school.

Start thinking of, and setting on, an area of study

While the largest group of students who will attend the fair are in Grade 12, Granger said pupils in younger grades can also start casting their mind to potential areas of study after high school.

"Those are the years where they're starting to fit themselves into the streaming of courses," Granger said of students in Grades 10 and 11.

"They're starting to become more aware of what they're good at, what they like to do, becoming more aware of where they'd like to take themselves in their career life in terms of work."

Offer a well-rounded resumé

While some programs rely entirely on academic standing to make admission decisions, others may factor supplementary information into the fold, Granger said.

No small step

> **"It's right up there with careers and relationships and where you're going to live. For a lot of them, it's a challenging moment."**
>
> George Granger
> Executive director of the Ontario Universities' Application Centre, on choosing the right post-secondary school

For example, some fine arts programs require the submission of a portfolio, while others may demand a profile of a student that demonstrates well-roundedness, leadership experience and community involvement, he noted.

Granger said all students planning to pursue post-secondary studies should be mindful of extracurricular activities that will help balance them as individuals as well as potential applicants.

"Those experiences on the playing fields, in student government, in student clubs — those are all things that develop transferable skill sets that are going to be very important during the university experience, but also after graduation.

"Working as a member of a team, working in groups — there's a lot of emphasis on that in modern education."

Location and size matter

Granger said once students have assessed longer-term goals and ensured they have the appropriate prerequisites, another key step follows: selecting the school itself.

"For some students, it's a question of: 'Can I live at home and attend school or do I have to go away?' In some cases, the program that they're interested in is offered only at a few universities. And so, that means they'd have to make a commitment to go away and they'd have to come to terms with that."

In other cases, the program students are interested in may be more widely available — therefore altering the decision of whether to stay put or move away.

Granger said students with some degree of flexibility in their minds and a willingness to be mobile should be weighing whether they'd prefer to be at a larger school in a metropolitan area or if they'd feel more at ease on a smaller campus outside of the city.

"It's all linked to: 'What is the program I want? Where is it available? What's the reputation of that program?'" said Granger.

"For many students and parents, they want to be able to perceive vocational links or career tracks that might come from one program or another," he added. "Others recognize that the goal is to get a good strong liberal arts or science education and develop those critical thinking skills — research methodology, flexibility, those transferable skills. So that all goes into the mix."

THE CANADIAN PRESS

Check out the campus

As students narrow down their choices, Granger said an important component of the research and decision-making process is to pay a visit to the campus

- **"All of the universities offer tours, some of them on a daily basis, some of them on a scheduled basis.** All of them have special visit days in the fall and in the spring," Granger said.
- **If students and parents are unable to make the trek, virtual tours of the campus are also an alternative option, he noted.**

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Legends of the labour force

Back in my workday... Author of A Good Day's Work hopes to preserve memory of Canada's vanishing jobs

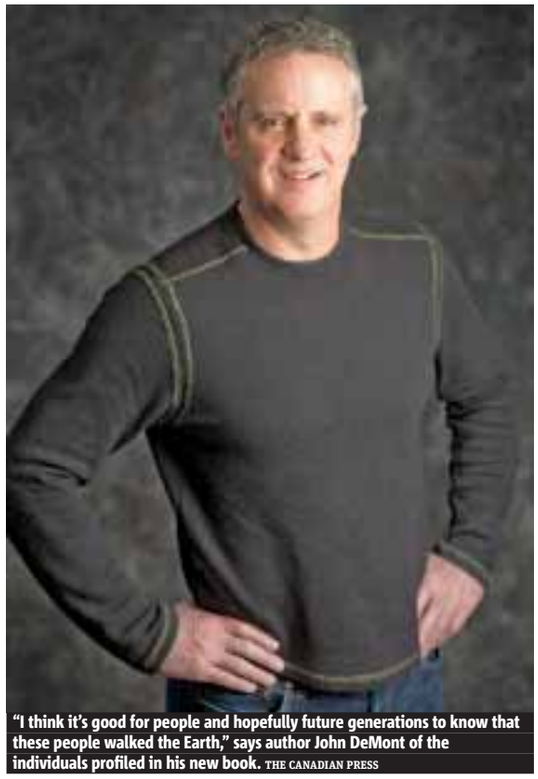
When John DeMont was completing his book about vanishing traditional jobs in this country — think lighthouse keeper or milkman — he found A Good Day's Work had become much more than just a discourse on how some Canadians bring home the bacon.

"It sort of morphed into this book about Canada, using the disappearing work as a jumping-off point to talk about different aspects of Canada and the different things that are going," says the Halifax-based journalist and author.

"Not just work," he says, but "the iconic Canada — close-knit communities and small towns and everybody knowing everybody and being interested in a positive way."

A Good Day's Work: In Pursuit of a Disappearing Canada (Doubleday Canada) seems a natural followup to his previous book, 2009's Coal Black Heart: The Story of Coal and the Lives it Ruled, a history of coal mining in Nova Scotia and the toll that disasters in the deeps took on colliers and their families.

Ancestors on both sides of his family were part of that history — one grandfather went down into the pit at age 11 to mine the black gold — but DeMont's father eschewed what had been the family business to work above-ground as a stockbroker.



"I think it's good for people and hopefully future generations to know that these people walked the Earth," says author John DeMont of the individuals profiled in his new book. THE CANADIAN PRESS

Cool careers

"I wanted jobs that in themselves were interesting — interesting enough that you could write about them, build a chapter around them."

John DeMont
Author of A Good Day's Work

And as the author writes in the prologue of A Good Day's Work, growing up as a child in Halifax was an idyllic time for him — and for the country as a whole.

His reference year — 1967, when he was 11 — sees Canada celebrating its 100th birthday, with millions drawn from around the world to Expo 67 in Montreal, the Canadian economy at its post-war peak and the Toronto Maple Leafs winning their last Stanley Cup.

It was also a time when the milkman still delivered cows' bounty to many homeowners' doors, beef came from family-owned and family-worked farms, and parents and kids — and hormone-fuelled teens — piled into the station wagon on a summer's night to take in a drive-in movie.

It is that world that DeMont evokes in A Good Day's Work, or rather what is left of it, as he tracks down Canadians still engaged in time-honoured work, the kind of jobs that built this country but are perhaps soon to be but a memory.

While natural resources jobs — forestry and fishing, for example — might have seemed an obvious fit, DeMont chose to go beyond "guys in the woods" and look into a broad range of skills among people in different parts of the country.

"I wanted jobs that in themselves were interesting — interesting enough that you could write about them, build a chapter around them," the 57-year-old explains during a recent visit to Toronto, one stop on a cross-country, multi-city book tour.

THE CANADIAN PRESS

Passé professions

A Good Day's Work profiles a variety of disappearing vocations

- Among them a blacksmith, a travelling salesman and engineers on Via Rail's flagship train the Canadian, which takes awe-struck passengers from Toronto to the lakes and forests of northern Ontario, across the prairies and through the Rockies to Canada's Pacific terminus, Vancouver.

Digitally doing good

Making the world a greater place on the go

We365, a free digital platform which allows young people to track and verify their volunteer activities for school, launched on Friday with the introduction of an app and a website. The platform provides the tools needed to fundraise, take action, and amplify messages for thousands of different charities. Members are encouraged to find and share inspiring content with like-minded users and friends, all while supporting causes most important to the individual. Visit we365.com for more details.

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'Round the world wisdom

Facing adversity? Be your words not your feelings

The severe market crash in October 2008 changed my life. I started running to regain my health, both emotional and physical. Shortly after I took my first steps, I ran the Gobi March in China in June '09, followed by the Atacama Crossing in Chile in '10, and the Sahara Race in Egypt in '11. In this post, I share a lesson about life, learned from the desert.

LESSONS FROM THE DESERT
Stefan Danis
life@metronews.ca

As individuals our word is our bond. It is a measures of our moral character and a mark of our integrity.

A number of people I met at speaking engagements where I presented my Gobi story announced they too wanted to run the desert. Over time, a large group was set to join me for the Sahara Race in 2011.

The majority of people who said they would and even signed up to run the Sahara never actually made it to the start line. Somehow life got in the way and their feelings championed over their word.

Research shows that our vocabulary has 309 known words to describe human emotions — two-thirds of which, astonishingly, are negative. Our brain fires negative emotions 10 times more frequently than it does positive ones. Do the math! Odds are that individuals will experience a negative reaction to 95 per cent of events that occur. What does this mean? Our heads are filled with reasons not to do things.

When you choose to follow through with your word as opposed to your feelings, your life is actively changed as a result. You can now be counted on to do what you said you would, and to do so with enthusiasm.

STEFAN DANIS IS THE CEO OF NEXCAREER AND MANDRAKE, AND THE AUTHOR OF GOBI RUNNER

Show me the marketing job!

Fields in your dreams? There are plenty of ways to kick off a career in sports that don't require athletic expertise

MEREDITH ENGEL
Metro World News

Sports management requires individuals who will always aim high to satisfy their clients. ISTOCK

Thinking of a sports career off the field may evoke visions of Jerry McGuire and rubbing elbows with players in the locker room. But a career in sports marketing is not all about the glamour of the game. We tapped David Eisenberg, the senior manager of sports and entertainment marketing for American Express, for his tips on making it in (and on) the field. Besides getting a degree in the field and networking as often as possible, here's what else he recommends:

Explore all sides of the business

Going into sports marketing doesn't always translate to representing your favourite team. You can work on a brand, like American Express, a property (like the United States Golf Association, for example), or an ad agency.

"I've worked at an agency and a brand, and that's been a wonderful experience because I've learned so many different things from so many different angles," Eisenberg says. "Think: 'What area do I feel like would give me the most opportunity to learn as much as I can, have a lot of fun and be really engaged in my career?'"

Remember who you serve

As much as everyone loves the game, at the end of the day, it's the fans who marketers are ultimately trying to reach — they're the ones who are opening their wallets. "We're very focused on really creating those lasting memories for the card member (and) at the same time exposing prospective card members to the benefits," Eisenberg says.

Realize that it's not all about the glitz

Fancy free?

"The glitz is the glitz only if somebody needs it or wants it."

David Eisenberg
Senior manager of sports and entertainment marketing

Though he gets to oversee events, Eisenberg also says desk time is a big part of the job. "The glitz is the glitz only if somebody needs it or wants it," he says. "(We're) more focused on, 'How do we create scalable experiences for lots of people to take advantage of?' And if that means it is more focused on service, which may just be getting a lesson, versus getting the opportunity to meet a famous golfer, we want to make sure that we're able to reach as many people as we can, with the benefit that's gonna make the biggest impact. If it's glitzy, great.

"If it's not, that's OK, because the important thing is it may give us the scale and it may also give us the opportunity to really build a meaningful relationship."

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FIND EXCITEMENT AT CELLAR DWELLER

With Christmas around the corner, Cellar Dweller Hobby Supply at 1560 Main St. is gearing up to provide model enthusiasts with exactly what they are hoping for under the tree this year.

"We have exciting new radio control products coming in all the time," says Kerry Fingler, owner of Cellar Dweller Hobby Supply. "Plus, we are very excited to now be an authorized Archangel Fireworks Dealer, so we can add even more thrills and excitement to your leisure time."

Founded in 1972, Cellar Dweller remains among Winnipeg's premier hobby shops. Supplying model hobbyists with top-of-the-line radio control kits, engines, radio systems, and accessories, Cellar Dweller also carries an astounding array of plastic model kits, model rockets, kites, science and activity kits, and now a wide variety of fireworks.

"We strive to provide our customers a fun shopping experience and provide quality products and full customer and after sales service," Fingler says.

With a knowledgeable staff of four, who boast more than 125 years of combined years of model experience, Cellar Dweller Hobby Supply is a one-stop shop for that person on your list who just can't spend enough time in their workshop.

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TAKE A BITE INTO A FRESH, SWEET IDEA

EDIBLE ARRANGEMENTS

There is no sweeter way to brighten someone's day than by sending them an edible arrangement fresh fruit bouquet.

Whether you are looking for a unique gift idea, or the perfect table centrepiece, Edible Arrangements offers of number of beautifully arranged fresh fruit bouquets and baskets for all occasions. The two Winnipeg locations, 756 Pembina Highway and 3 Reenders Dr., have been in Winnipeg for several years, however, both stores are under new ownership and management.

"We are focused on exceeding the excellent standards that our customers expect from the Edible Arrangements brand," says new owner Colin Elias.

Elias, along with his wife and partner Kyla, took over the two Winnipeg Edible Arrangements franchises this past May. Kyla and Colin, who have a background in business in Winnipeg, say they are excited for the opportunity to provide Winnipeggers with a fresh and healthy alternative to gift giving.

CONTRIBUTED

"When a customer is thinking of sending flowers this is such a nice change," Kyla Elias says.

"We only use the freshest fruit and the arrangements make a beautiful gift for anyone," Kyla Elias says, adding that the Reenders Drive location also makes fresh fruit smoothies, fruit salads, parfaits and chocolate-dipped fruit to go.

Colin and Kyla invite you to visit one of their locations for a free sample of fresh fruit dipped in gourmet chocolate. Or visit ediblearrangements.ca.

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A1 NUTRITION IS YOUR SOURCE FOR HEALTH

LOCATED IN THE GRANT PARK SHOPPING CENTRE

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A1 Nutrition at Grant Park Shopping Centre has been owned and operated by Felly Grieve since October 2004. Grieve, a nurse, is passionate about helping people and is a great believer in the benefits of natural health products.

She and her husband have both greatly improved their health with vitamin and mineral supplements.

A1 Nutrition has a mature and highly qualified staff who are happy to educate their customers as to the benefits of specific products. The staff includes a certified natural product and applied nutrition adviser and a health and fitness adviser.

A1 Nutrition offers a complete selection of natural health products, vitamins, minerals, protein foods and supplements, homeopathic remedies, gluten-free products, body cleansers, health and beauty products, aromatherapy products and organic food and meat products. The experienced staff can help you find the right solutions for your natural health needs.

A1 Nutrition is proud to be named the 2013 consumer's choice award winner for Winnipeg in the nutrition supplements/retailer category.

"It is an honour to be chosen for the fifth year in a row," Grieve says.

A1 Nutrition is located in the Grant Park Shopping Centre across from McNally Robinson Bookstore.

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THERE IS ALWAYS A REASON TO CELEBRATE

PARTY STUFF COVERS ALL SPECIAL OCCASIONS

COLOURBOX

You might be hard-pressed to find a group of people in Winnipeg who love a good party more than the staff at Party Stuff.

With three massive stores throughout the city — 925 Milt Stegall Dr., 1530 Regent Ave., and the newest location at 1765 Kenaston Blvd. — Party Stuff is Winnipeg's largest locally owned party supply retailer.

"We're a 100 per cent local business, but we're also a member of a buying group with over 1,000 party stores throughout North America," says Jonathan Glass, one of the Party Stuff owners. "We have buying power that allows us to get our stock in large quantities at reasonable prices and pass those savings along to the customer."

Each Party Stuff location boasts rows and rows of specialty themed items, including more than 100 different kid-themed party items.

While Party Stuff has all the supplies you will need for a traditional birthday shindig, baby shower, stagette, or a wedding celebration, the staff is also prepared to help you plan for the out-of-the-ordinary celebration. Because, as Glass puts it, "There are limitless reasons to have a party."

"There's always a reason to celebrate," he says, adding that the store offers more than just party favours and decorations.

Rental items, including dinnerware, tables, chairs and specialty items like helium tanks and candy floss machines, are also available at the Milt Stegall location.

"We like to focus on what we do best, and that's parties and celebrations," he says.

Being the life of the party is important for Glass, however, providing his customers with exceptional service is also crucial in how Party Stuff operates. The company philosophy, C.A.R.E. (customers are really everything), is a mission Glass takes seriously.

"Planning a party can be overwhelming for anyone," he says. "We're here to help our customers through the entire process because, at the end of the day, a great party or special occasion becomes a great memory, and that's really important to them, and really important to us."

When you are planning your next event, visit partystuff.ca or drop in at one of their locations at 925 Milt Stegall Dr., 1530 Regent Ave., or 1765 Kenaston Blvd.

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BUY INTO THE E-COMMERCE REVOLUTION

E-commerce is revolutionizing the way Canadians do business, but Canadian entrepreneurs are missing out.

Just 10 per cent of small businesses were selling online last year, Statistics Canada says. Meanwhile, Canadian consumers spent an estimated $21 billion on online purchases last year, up nearly 30 per cent in just two years, according to research firm eMarketer.

"The world is moving toward this type of commerce," says Anita Bezeau, assistant vice-president, information and communication technology solutions at the Business Development Bank of Canada (BDC). "Canadians are online, but Canadian businesses aren't there. The result is Canadian consumers are buying online from the U.S. and other countries."

The good news is that it's never been easier or cheaper to get started in e-commerce. No longer do businesses need to invest huge sums in an e-commerce website. You can create a sales-ready site with no programming knowledge using free services such as OpenCart and PrestaShop, or inexpensive providers such as Shopify and eBay Stores.

"If you know how to use email, you can build an e-commerce site in 15 minutes," says Harley Finkelstein, chief platform officer at Shopify, a leading e-commerce website provider.

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The store sells wigs, hair extensions, weaves, beauty products, hair products, hand bags and accessories for hair. Hair can be sold in 100 per cent human hair, yak hair, synthetic and premium blend hair. Lengths come in eight, 10, 12, 16, 18 inches and longer. All hair colours are available. All hair types are available from straight, body curl, passion wave and Brazilian hair.

Name brands that are sold in the store are Model Model, Remi, Harlem, Milky Way, Model Model Pose, Sensual Collection, Premium Encore, and many more from which to choose.

If you want the latest styles in hair, wigs, products and accessories and hand bags then come to Bura International Beauty & Hair Supplies at 1172-A Pembina Highway. The store is open six days a week, Monday to Friday from 9:30 a.m. to 6:30 p.m., and Saturday from 9 a.m. to 7 p.m.

To book an appointment and let Patience create your vision of beauty, call 204-944-0964 or stop by the store.

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Accent care

Welcome to Accent Care. We are a home healthcare agency providing personalized homecare services to improve the quality of life to seniors wishing to stay in their homes enjoying life with dignity and peace of mind.

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COMMUNITY DRIVES THE AUTO CENTRE AT THE BAY

UNBEATABLE PRICES AT FAMILY-OWNED DOWNTOWN SHOP

There is a family-run auto shop in the middle of downtown Winnipeg, but you might not have noticed it driving down Portage Avenue. Located at the top of the Bay's Parkade, the Auto Centre at the Bay is a family-owned shop whose prices are unbeatable in the downtown core

"The convenience of our location is key," says owner/operator Michael Timlick. "We focus on commuters. You can drop your car off on your way to work, get the work done, and pick it up after work. We will even shuttle you to work if need be.

"We're one of a very few auto shops left downtown."

The Timlicks bought the business in May 2012, and since then have increased all tire sales, auto repairs such as engines, brakes, tune-ups, vehicle detailing, and more for satisfied customers.

"It's about having our customers trust us," Timlick says. "We are also MPI glass certified and certified to do MPI safety inspections."

The space itself, at the top of the Bay parkade, has a history of its own. Originally opened in 1958, the space has remained an auto repair shop for the bulk of its 55-year history. It's that love of history and the auto industry that initially attracted the Timlicks to the space in 2012.

"I've worked in the auto parts and repair industry for 34 years," Timlick says.

His knowledge and love of the industry, along with a commitment to doing business in Winnipeg's downtown, makes the Auto Centre at the Bay more than your average auto repair space — it's part of the community.

As part of that strong community attachment, the Auto Centre makes a point of donating $3 from every oil change to The Salvation Army.

"It's something we value," says Timlick, noting that the $3 donation comes out of pocket for the Auto Centre.

The next time you need some work done on your vehicle, drop it off at the Auto Centre at the Bay at the top of the parkade.

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THE AUTO CENTRE AT THE BAY

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FRONTIER IS A COMMUNITY LEADER

What is it about Frontier Subaru that has customers coming back year after year? According to sales manager Cal Sobering, it's both the people who work there, and the people who buy Subarus.

"People who buy Subarus keep coming back," Sobering says.

"One of the things we pride ourselves on is that we have the best customers, the best products, and the best people."

A commitment to providing customers with the best information possible about Subaru products drives Frontier Subaru to not only being a leader in the automotive sales industry, but to be a leader in the community, as well.

"Good citizens make good employees," Sobering says.

A husband and father of three, Sobering says Frontier Subaru is run on a principle of family and community values, and that is what has kept them going over the years.

"I've been in this industry all my life," says Sobering, who first started pumping gas at his family's business at the age of eight. "The products have changed over the years, and the way people buy vehicles has changed. But what hasn't changed is our commitment to our customers. You need to make sure you're taking care of the customers.

"At Frontier Subaru, we always make sure to give our customers the most information and the best products possible. Our staff share the same enthusiasm for our product that I do."

To see that enthusiasm first-hand, visit the Frontier Subaru team at 2537 Pembina Highway.

TEAM WILL FIND RIGHT VEHICLE FOR YOU

If you are in the market for a new vehicle, one that is fuel efficient, sleek, and safe, look no further than Frontier Subaru.

With a huge selection of new 2013 and 2014 Subaru models, as well as Subaru certified pre-owned vehicles to choose from, the Frontier Subaru team will help you find a vehicle that is right for you and your family.

"We have a totally transparent process here," sales manager Cal Sobering says. "No smoke and mirrors. When someone comes in, the price they're quoted, that's the price they'll pay."

Alongside the popular Subaru Forester, Crosstrek, and Impreza lines, the Tribeca, Outback, and Legacy lines available.

"One of the vehicles that more people should pay attention to is our Super Legacy," Sobering says. "It's comparable to a Camry or an Accord, but it's all-wheel drive, full time."

Unlike other car manufacturers, the Subaru all-wheel drive system is always engaged. Sobering highlights Subaru's "all-wheel drive, all-the-time" system when talking about the safety features that set Subaru apart on icy Manitoba highways.

"It's something the other manufacturer's don't offer that we do," he says.

Another key feature to Subarus is the fuel efficient, horizontally opposed piston system in the Subaru Boxer® engine. Modelled after a boxer's punch and counter-punch, the pistons' movement in the Subaru Boxer engine cancel each other out, giving Subarus a smoother running experience than many in-line or V-type engines.

If you are already a Subaru owner, Frontier Subaru has a team of certified technicians that can provide you with genuine Subaru parts, accessories, and high-quality service for your vehicle.

So, whether you are in the market for a new ride, or your current Subaru could use some attention, visit Frontier Subaru at 2537 Pembina Highway to see what the Frontier Subaru team can do for you.

SUBARU HAS EYE FOR INNOVATION

Subaru is the fastest growing Japanese automaker in Canada. With a reputation for safety and an eye for innovation, the 2014 Subarus are in a class unto themselves.

The 2014 redesigned Subaru Forester is a game changer for the SUV market.

According to Motor Trend magazine, the 2014 Forester has "better efficiency, added power, and increased cargo volume," and is a hit with both off-road drivers and casual commuters.

The 2014 Subaru Crosstrek bridges the power of a sports car with the comfort of a family vehicle.

With a powerful engine, all-wheel drive, sleek design, and plenty of cargo room, the 2014 Subaru Crosstrek can get you and your family to wherever you need to go with safety and style.

Visit Frontier Subaru to take a 2014 Subaru Forester or a 2014 Subaru Crosstrek for a spin.

SUBARU
Confidence in Motion

The new 2013 Subaru Outback. They say fresh air clears the mind. Perhaps that explains the exceptional thinking behind the 2013 Outback. Refined from the inside out, including a new 2.5-litre SUBARU BOXER engine that produces increased performance, yet with greater fuel efficiency.Or available EyeSight™ driver-assist system that monitors the road and can recognize potential danger – acting as your second set of eyes.** And of course our acclaimed symmetrical full-time All-Wheel Drive to get you as far away from the city – and the endangered list – as possible. Learn more at **subaru.ca**

OUTBACK
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$28,495*

VOTED "BEST BUY" BY THE CAR GUIDE‡ 2013

EyeSight™

JAPANESE ENGINEERED VEHICLES STANDARD WITH SYMMETRICAL AWD

1000 KM† PER TANK

*MSRP of $28,495 on 2013 Outback 2.5i Convenience Package (DD1 CP). Model shown is 2013 Outback 3.6R Limited Package (DD2 LN6) with an MSRP of $38,495. MSRP excludes Freight & PDI of $1,595. Taxes, licence, registration and insurance are extra. $0 security deposit. Dealers may sell for less or may have to order or trade. Offers applicable on approved credit at participating dealers only. Vehicle shown solely for purposes of illustration, and may not be equipped exactly as shown. See your local Subaru dealer or visit subaru.ca for complete program details. **EyeSight™ is a driver-assist system, which may not operate optimally under all driving conditions. It is available on the 2013 Outback 3.6R Limited Package. EyeSight™ is not designed as a substitute for due care and attention to the road. The system may not react in every situation. The driver is always responsible for safe and attentive driving. System effectiveness depends on many factors such as vehicle maintenance, and weather and road conditions. Finally, even with the advanced technology activated, a driver with good vision and who is paying attention will always be the best safety system. See Owner's Manual for complete details on system operation and limitations. †It is possible to travel up to 1,076 km on one tank of fuel based on estimated fuel consumption figure rating posted by Natural Resources Canada of 6.5L/100 km (highway) for a 2013 Subaru Outback equipped with continuously variable automatic transmission and a 70L fuel tank capacity. Actual fuel consumption will vary based on driving conditions, driver habits and vehicle load. ‡2013 Car Guide's annual Best Buys voted the 2013 Subaru Outback as the number one Crossover vehicle under $50k.

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PRICED TO ENJOY AT **$22,294**

2013'S ARE GOING QUICK - COME GET YOURS WHILE AVAILABLE!

FORUM WILL EMPOWER ENTREPRENEURS

Budding business leaders will have a golden opportunity to learn how to realize their dreams at the second-annual Youth Entrepreneurship Forum. Presented by the Downtown Winnipeg Business Improvement Zone (BIZ), the forum runs Tuesday from 5-9 p.m. at the Manitoba Hydro Gallery. The event features presentations from a number of successful young Winnipeg entrepreneurs and from representatives of Canadian Youth Business Foundation, Business Development Bank of Canada, Entrepreneurship Manitoba, and Royal Bank of Canada.

Among the presenters is Nils Vik, who started Parlour Coffee on Main Street a little more than a year ago. Vik believes young entrepreneurs have a significant role to play in the revitalization of downtown Winnipeg.

"The baby boomers have made some huge mistakes downtown and it's our generation who has to take a stab at making it better," Vik says. "The younger generation is more aware of the world and what's happening in other cities."

The forum will empower young entrepreneurs with the information they need to open and operate successful downtown businesses. This includes tips on loans, financing and marketing from Manitoba's best entrepreneurship agencies.

"We organized the event because we're keen to see new businesses succeed in Winnipeg," says Jason Syvixay of BIZ.

For more information, please visit downtownwinnipegbiz.com/youth.

COLOURBOX

VISIT ELIMINATOR-RC FOR YOUR HOBBY NEEDS

CONTRIBUTED

Its Manitoba's largest radio controlled hobby store.

With more than 12,000 square feet of radio controlled boats, trucks, planes, cars and helicopters, as well as plastic and wood models and rockets, Eliminator-RC, located at 120 Higgins Ave., has something for everyone.

"It's a big boy's candy store" says owner Laurrie Gobeil, adding that the store is outfitted with models of varying sizes and scales to suit everyone's needs and pocketbook. "It's a hobby that caters to you, rather than you catering to the hobby."

Eliminator-RC is celebrating its 10th anniversary this year. The hobby store, which Gobeil manages with her son Ryan, also offers a racetrack at 172 Sutherland Ave., where people can enjoy the hobby all year long.

"It's a hobby for motorheads — people who are into motocross racing and other adrenaline sports who can't physically or financially afford to do them," she says. "You get the same kind of adrenaline fix and you're not going to get hurt."

Gobeil says it isn't uncommon for radio control enthusiasts to start in one area of the hobby and move to another area. The hobby, she says, is a different experience for everyone.

Eliminator-RC is open Monday to Thursday from 10 a.m. to 6 p.m., Friday from 10 a.m. to 8 p.m., and Saturday from 10:30 a.m. to 6 p.m. For more information, visit e-rc.ca.

YOUTH ENTREPRENEURSHIP FORUM
Downtown BIZ presents
October 22, 2013
5-7PM | Forum
7-9PM | Wine & Cheese
Manitoba Hydro Atrium
Hear from young business owners on what's needed to open a successful downtown business.
Get expert tips on loans, financing, and business resources from Manitoba's best entrepreneurship agencies.
For more information, visit
downtownwinnipegbiz.com/youth
Part of BDC's Small Business Week
BDC
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ENTREPRENEURSHIP MANITOBA
downtown WINNIPEG BIZ

AVO HAS ALL YOUR GAMING NEEDS

Jim Willox was faced with the situation of having to remove a pool table from a home in an emergency and AVO Game Room stepped up and handled the situation the same day.

In addition, AVO Game Room has supplied Willox with all his recreational gaming needs for 14 years, including pool table, dart boards, poker table, and gaming furniture, along with all the accessories to go with each.

"On a scale of one to 10, with 10 being the greater, they are a 10," Willox. "They supply everything for my gaming needs, including the service. They carry a large line of everything. The range is unlimited and what they don't have they'll order it in for you. It's hard to find a place in the city that does everything they do. And their service is phenomenal."

Although pool tables remain the most popular game room item, they are just the beginning of what AVO Game Room can supply and service for your residential or commercial entertaining and gaming needs. AVO's additional gaming options include dart boards, air hockey, foosball and bubble hockey tables, shuffleboard, table tennis, and poker tables, along with accessories.

COLOURBOX

"A game room brings everybody together, whether it's knocking the table tennis ball around, throwing darts or shuffleboard rocks, or playing pool," says AVO Game Room owner Joel Cutts.

"The biggest reason pool tables have remained popular for so long is because of the social aspect of the game. Everyone can hit the balls around, talk, and have fun with each other while they're playing. That social aspect will always be there when it comes to playing the games."

While residential applications speak for themselves, commercial applications can include pool halls, bars, lounges, and community centres.

AVO also services everything it sells and provides a complete line of accessory support for every product line it carries.

A recent customer from Calgary said he had never seen the selection of pool cues AVO carries.

"Talking to different people, I don't think anybody in Western Canada carries the selection of gaming accessories we do," Cutts said.

In addition to providing game room products, services, and accessories, AVO offers personalized consultations in helping customers design their game room.

FIND THE PERFECT FIT AT ZEV APPAREL

The right suit can make you look and feel like a million bucks. Thanks to Zev Apparel, it doesn't have to cost you nearly that much.

Located at 115 Pembina Highway, Zev Apparel offers custom-fitted two- and three-piece suits for both men and women at a fraction of the cost of other retailers and tailors.

"Every suit is custom fit to you," says Shane Johnston, owner of Zev Apparel. "If your suit doesn't meet your expectations, or doesn't fit properly, we will make the changes and alterations so that it fits perfectly."

Johnston says a standard fitting takes between 45 minutes to an hour. The client will work with one of Zev's knowledgeable fashion managers to discuss exactly what they are looking for in a suit.

From there, the client will pick from thousands of fabric swatches of the finest cashmeres and wools in various weights, colours, patterns and finishes for their suit, lining and shirt, and look through a book of various suit styles before they are measured from head to toe.

The fashion manager will ask a series of questions during the fitting — everything from what the suit will be worn for to how many pockets, if any, the client wants. After the appointment, the wait time for the suit is between four to five weeks.

"The suits are custom made in Hong Kong," says Johnston, adding they only use quality fabrics from Italy and England. "As soon as we get them in we take them out of the box and press them before we call the client to come back and try their suit on."

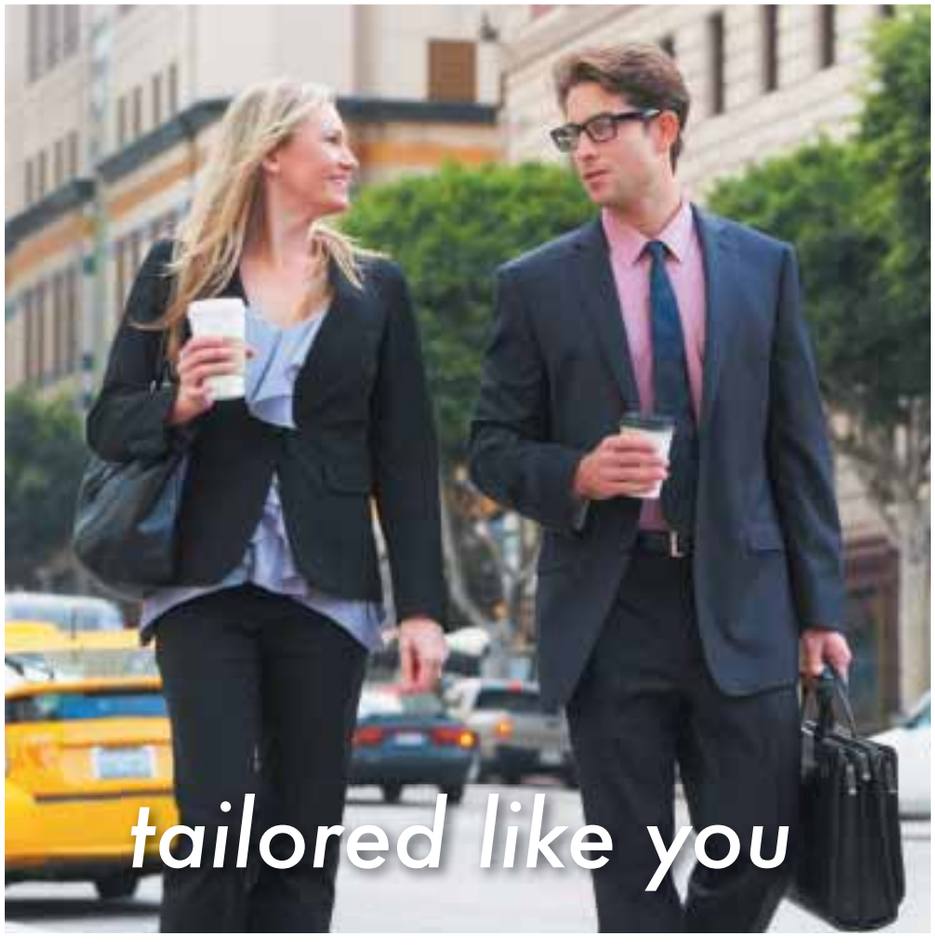
If the suit doesn't fit exactly the way the client expected, Johnston said Zev's in-house seamstresses will make changes and alterations at no cost.

Zev Apparel also offers group fittings for companies looking to outfit the entire office. A team will come to you, bringing fabric samples and measure each client at a convenient location.

"You truly walk out of here with a suit that you designed and picked," Johnston says. "That is a confidence builder."

For more information or to book an appointment for a custom fitting, visit zevapparel.com or call 204-232-0171.

COLOURBOX



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To Schedule a Fitting:
204.232.0171
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IMPROVE YOUR WORKPLACE WELLNESS

WITH INTERPERSONAL WELLNESS SERVICES INC.

CONTRIBUTED

Have you thought that your workplace could be a more positive, efficient space? That your co-workers, employees, or colleagues could be more productive and happier on the job?

If so, then Joyce Odidison at Interpersonal Wellness Services Inc. is the person to talk to about improving your workplace wellness.

"Workplace wellness is very important," says Odidison, who holds a master's degree in conflict analysis and management, and has more than 17 years of experience in the field. "We help create a wellness concept within the organization, where employees are developing interpersonal skills and wellness competencies to work well with others.

"Our philosophy is 'work well, live well, play well.' When people work in a stressful environment, that stress not only impacts their productivity at work, but can also negatively impact their life outside of work. People who take the stress of the office home with them cause a negative ripple effect.

"A lot of it comes back to lack of wellness competencies."

Interpersonal Wellness Services Inc. offers employers a free audit of their workplace. Odidison says the assessment is a quick, easy survey, which helps employees and employers identify areas within their workplace that might need improvement.

Odidison hopes that by offering more wellness audits and analysis that organizations will identify quick and easy ways to improve workplace wellness and their bottom line. The company also provides wellness coach training for leaders, managers and supervisors within corporations and small businesses, resulting in many negative work environments being turned around into efficient, healthy spaces.

"When you're working well, living well, you can play well," Odidison says.

If you believe that your office or workplace could use a positive mental makeover, or you are interested in developing your own wellness coaching skills, give Odidison at Interpersonal Wellness Services Inc. a call at 204 668-5283 to find out more.

Visit interpersonalwellness.com to get a free wellness audit.

IWS Interpersonal Wellness Services Inc.

Want to Improve Workplace Wellness!

Are you affected by workplace conflicts?

- Leaking vital energy?
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Interpersonal Wellness Coaching (IWC) at work will help your company increase workplace wellness and harmony.

Begin today with our free Interpersonal Wellness Audit (IWA).

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Tel: (204) 668-5283
E-mail: info@iwsci.com
Web: www.interpersonalwellness.com

Get Ready to work well, live well and play well

Nutty Thumbprint Cookies get two thumbs way up

This recipe makes 65 cookies. PRESIDENT'S CHOICE

Ingredients

- 1-1/4 cups (300 ml) unsalted butter, softened
- 3/4 cup (175 ml) packed dark brown sugar
- 1 egg
- 1 tsp (5 ml) pure vanilla
- 2 cups (500 ml) all-purpose flour
- 1 cup (250 ml) cornstarch
- 1 tsp (5 ml) baking powder
- 1/4 tsp (1 ml) salt
- 1/2 cup (125 ml) ground almonds
- 1/4 cup (50 ml) icing sugar
- 1 jar (375 g) PC Decadent Cookie Spread

1. In bowl of stand mixer fitted with paddle attachment, cream butter with brown sugar on medium speed for 3 to 4 minutes or until very light and fluffy. Add egg and vanilla; beat until well combined. Into another bowl, sift together flour, cornstarch, baking powder and salt; stir in almonds and add to creamed butter mixture. Mix on low speed just until combined. Cover bowl with plastic wrap. Chill for 1 hour or until mixture is firm.

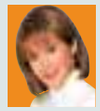
2. Preheat oven to 350 F (180 C). Line three baking sheets with parchment paper.

3. Using scant tablespoon (15 ml), scoop dough, form into 1-inch (2.5 cm) balls and place on one baking sheet, spacing 1-1/2-inches (4 cm) apart. Make a thumb indentation in each ball. Bake in centre of oven for 10 to 12 minutes or until evenly golden and crisp. Cool slightly on baking sheet. Gently press thumb into indentation. Cool cookies fully on baking sheet. While one batch bakes, scoop more dough onto second baking sheet. Let baking sheets cool fully before re-using to bake more cookies.

4. Sift icing sugar over cooled cookies. Using two spoons or a piping bag, fill cookie centres evenly with cookie spread, using entire jar. PRESIDENT'S CHOICE

Healthy eating

Choose it and lose it



ROSE REISMAN
for more, visit rosereisman.com or follow her on twitter @rosereisman

No meal is complete without a sweet ending, but some seasonal treats are loaded with sugar.

Pumpkin pie

466 calories / 45 g sugar

Pumpkin pie will be all around us this season. A butter graham crust and creamy filling adds up quickly.

Equivalent

One slice of pumpkin pie is equal in sugar to 22 Timbits.

6 President's Choice mini chocolate eclairs

270 calories / 12 g sugar

Six eclairs give you almost half the calories and a fraction of the fat of the pumpkin pie.

Spread it or eat it from the jar, we won't tell

This recipe makes four cups. MATTHEW MEAD/ THE ASSOCIATED PRESS

Remember when Fluffernutter sandwiches were all the rage? This DIY Nutella-Marshmallow spread reimagines the idea with chocolate-hazelnut flavour instead of peanut butter.

Ingredients

- 1/3 cup water
- 3/4 cup sugar
- 3/4 cup corn syrup or honey
- 3 egg whites, room temperature
- 1/2 tsp cream of tartar
- 1 tsp vanilla extract
- Half of a 13-oz jar of Nutella

1. In a medium saucepan over medium-high heat, combine the water, sugar and corn syrup (or honey). Stir gently to combine. Insert a candy thermometer and heat, without stirring, until the mixture reaches 240 F.

2. Meanwhile, when sugar syrup begins to form large bubbles, and the thermometer reads about 225 F to 230 F, place the egg whites and cream of tartar in the bowl of a stand mixer and beat the whites to soft peaks. This should take about 4 minutes.

3. By the time the whites are whipped, the sugar syrup should be at 240 F. Remove from the heat and with the mixer running, carefully pour the syrup in a thin, steady stream into the whites. The whites will deflate slightly at first, but as the sugar syrup becomes incorporated, they will thicken, turn white and begin to fluff up.

4. Continue to whip the mixture for 7 to 8 minutes, or until very thick and glossy. Add the vanilla and whip for another minute. Remove the bowl from the mixer, then fold in the Nutella until mixed, but not blended. Transfer to an airtight container. The spread can be stored at room temperature for 2 weeks. THE ASSOCIATED PRESS/ RECIPE ADAPTED FROM THE KING ARTHUR FLOUR CO.

4 SPORTS

Golf

Allen comes away with Hickory victory in Carolina

Michael Allen won the Greater Hickory Classic on Sunday in Conover, N.C., for his second Champions Tour title of the year and fifth overall, beating Olin Browne with a birdie on the first hole of a playoff.

Allen closed with a 5-under 65, also birdieing the par-5 18th in regulation to match Browne at 13-under 197 at Rock Barn.

THE ASSOCIATED PRESS

NASCAR

McMurray lights up Talladega

Jamie McMurray won at Talladega Superspeedway in a nearly clean race until rookie Austin Dillon lost control on the final lap Sunday, allowing the winner to coast across the line under caution in Alabama.

It was McMurray's first win in the NASCAR Sprint Cup Series since 2010.

THE ASSOCIATED PRESS

MLB

"We knew he was going to be a key contributor toward the back end of the bullpen." Red Sox manager John Farrell on his closer Koji Uehara, the ALCS MVP. The 38-year-old right-hander got the job after neither Joel Hanrahan nor Andrew Bailey lasted. Boston beat the Detroit Tigers 5-2 in Game 6 of the ALCS on Saturday and will face the St. Louis Cardinals in the World Series.

Predators goalie Carter Hutton makes a pad save on a Michael Frolik's backhand shot past defenceman Mattias Ekholm on Sunday night at MTS Centre.
TREVOR HAGAN/THE CANADIAN PRESS

No second chance as Jets fall to Preds

NHL. Winnipeg doomed by three goals on seven shots in middle frame

Carter Hutton made 37 saves and Patric Hornqvist scored the game-winner as the Nashville Predators beat the Winnipeg Jets 3-1 Sunday night.

Hutton, a 27-year-old making just his second NHL start after spending most of his career in the AHL, picked up his first career win. Nashville coach Barry Trotz chose to rest starter Pekka Rinne after the team's Saturday night win in Montreal.

Eric Nystrom and Matt Cullen added goals for Nashville, while Evander Kane had the lone Winnipeg goal.

On Sunday

Predators	Jets
3	1

The Predators (5-3-1) recorded only seven shots in the second period, but made three of them count as they took control of the game. The win extended Nashville's point streak to five games.

Nystrom opened the scoring 20 seconds into the second period with a short-handed effort. The left-winger blocked a Dustin Byfuglien point shot, picked up the puck in the neutral zone and went the length of the ice before beating Jets goalie Ondrej Pavelec with a wrist shot for his second goal of the season.

Hornqvist's third of the year made it 2-0 when he intercepted a Pavelec clearing attempt in the corner, sent the puck toward the crease and banked it into the empty net off the skate of Jets defenceman Zach Bogosian.

Cullen added to the lead with a high shot from the left faceoff circle at 14:57.

Pavelec stopped 23 of the 26 shots he faced.

The Jets (4-5-0) ruined Hutton's shutout at 9:13 of the third when Kane jammed in a loose puck for his fifth of the season. THE CANADIAN PRESS

NHL. Demoted backstop Biron chooses retirement

Goaltender Martin Biron announced his retirement at the age of 36 on Sunday, after playing parts of 16 NHL seasons.

The New York Rangers put Biron on waivers last week. Biron was assigned to the Hartford Wolfpack on Tuesday, but he did not report.

"After thinking about it with my family, I've decided to retire as a player and move on to a new chapter," Biron wrote on his Twitter account. "Thank you all for your support."

THE CANADIAN PRESS

Biron's numbers

Martin Biron went 230-191-52 with a 2.61 goals-against average and .910 save percentage in 508 games with the Buffalo Sabres, Philadelphia Flyers, New York Islanders and New York Rangers.

- He gave up nine goals on 38 shots in two appearances this season before being waived.

NHL

Blue Jackets crack winning code against Canucks

R.J. Umberger scored his first goal of the season with 8:46 left and the Columbus Blue Jackets ended a four-game losing streak with a 3-1 victory over the Vancouver Canucks on Sunday night.

Curtis McElhinney, making his first appearance for the Blue Jackets in place of Vezina Trophy winner Sergei Bobrovsky, had 37 saves.

THE ASSOCIATED PRESS

CFL. Alouettes' offence puts hurt on Hamilton

The Alouettes celebrate an S.J. Green touchdown on Sunday in Montreal THE CANADIAN PRESS

Troy Smith threw three touchdown passes in his first CFL start as the Montreal Alouettes downed the Hamilton Tiger-Cats 36-5 to tighten the race for playoff positions on Sunday afternoon.

S.J. Green, with two, and Arland Bruce were on the receiving end of TD throws from the 2006 Heisman Trophy winner, while Tyrell Sutton ran one in. Sean Whyte had two field goals as Montreal won for the third time in four games.

THE CANADIAN PRESS

Marvin Jones of the Bengals catches a touchdown pass while under pressure from cornerback Chris Houston of the Lions on Sunday in Detroit. The Bengals defeated the Lions 27-24. JASON MILLER/GETTY IMAGES

Bengals claw out heroic finish in the Lions' den

NFL. Field goal in dying seconds puts an end to receiving clinic put on by two of the league's best

Week 7

Bengals	Lions
27	24

Andy Dalton and Matthew Stafford combined to throw a lot of highlight-worthy passes — especially to A.J. Green and Calvin Johnson.

But the Cincinnati Bengals used superior special teams for a second straight hard-fought road win, 27-24 against the Detroit Lions on Sunday.

Mike Nugent's 54-yard field goal as time expired won it, but two punts and a blocked field goal also were crucial.

"We wrote a pretty good script there at the end," Bengals coach Marvin Lewis said.

The AFC North-leading Bengals (5-2) won a game for the second straight week by the same score thanks to Nugent's right foot. He made an overtime kick to give Cincinnati a win after it blew a 14-point, fourth-quarter lead at Buffalo.

"I love how confident everyone always is," Nugent said. "Nobody freaks out. I think it all begins with (Marvin Lewis) because he and his staff don't get too high or too low."

The Lions (4-3) rallied from an 11-point, third-quarter deficit and looked as if they did enough to send the game to OT, but rookie Sam Martin shanked a punt just 28 yards to midfield in the final minute.

"I thought they were going to try blocking the punt and I rushed myself," Martin said. "I was trying to put the ball on the sideline and keep it away from the returner and I pulled it."

Dalton threw two short passes to gain 15 yards and called the team's last timeout with 4 seconds left to set up Nugent's game-winning field goal.

"Pretty clutch kick, two weeks in a row," Dalton said.

Dalton was pretty good again, too.

He was 24 of 34 for 372 yards, the third-highest total of his career and threw three touchdown passes for the second straight game. He didn't have an interception to help him reach a career-high 135.9 QB rating.

After Dalton was sacked for the first and only time Sunday, Bengals punter Kevin Huber hit a perfect 45-yard punt that pinned Detroit to its 6 with 1:43 left.

"We were in a tough spot," Stafford said.

THE ASSOCIATED PRESS

Around the league

- **Cowboys 17, Eagles 3.** Tony Romo threw for 317 yards and one touchdown and the Cowboys overcame a sluggish start to take sole possession of first place in the NFC East.
- **Jets 30, Patriots 27 (OT).** Jets kicker Nick Folk redeemed himself with 5:07 left in OT after he missed a 56-yarder moments earlier, but the Patriots' Chris Jones was called for unsportsmanlike conduct for pushing a teammate forward to try to block the kick, a new NFL rule.
- **Bills 23, Dolphins 21.** Buffalo's Mario Williams forced a fumble when he sacked Ryan Tannehill with less than three minutes left, setting up the winning field goal.

NBA pre-season

Love alive and well in Montreal

Kevin Love's 22 points and nine rebounds led the Minnesota Timberwolves to a 104-89 victory over the Boston Celtics on Sunday night at the Bell Centre.

The game was held in Montreal as part of the 2013 NBA Canada series.

Kevin Martin had 21 points and nine rebounds for the Timberwolves. Ricky Rubio led the team with seven assists.

THE CANADIAN PRESS

Waterfront Marathon

Ontario native sets record time

Lanni Marchant was taking her first steps when Oshawa, Ont., native Sylvia Ruegger set Canada's record time in the women's marathon in 1985.

On Sunday, the 28-year-old from London, Ont., took that mark and beat it.

Marchant set the new Canadian record at the Toronto Waterfront Marathon with a time of two hours 28 minutes, besting Ruegger's mark of 2:28:36.

THE CANADIAN PRESS

Tennis. Federer reflects on a rough season and his long road back to the top

Roger Federer thinks he made mistakes this year by playing when injured, but insists he is ready for a strong finish to his most difficult season.

Ahead of his hometown Swiss Indoors tournament, Federer said he regretted playing matches with back problems at Indian Wells in March, and Hamburg and Gstaad in July.

"With hindsight, I shouldn't have (played). They were errors," said the now seventh-ranked Federer, who has been one of the most durable players on tour throughout his career.

The 32-year-old said he felt "physically and mentally" prepared for a possible 15 matches in three season-ending weeks at Basel, the Paris Masters and ATP World Tour Finals in London.

Still, Federer — who has a relatively modest 36-13 season record — was cautious when asked if he could repeat his title hat trick of 2011.

"I don't know if my level of play is strong enough to do it now," he said. "That would be a bit bizarre for me if I start saying that I'm going to win the last 15 matches of the season.

32-year-old Roger Federer GETTY IMAGES FILE

"I have to hope so because I know that I can play really well, especially indoors. That starts here in Basel with the advantage of playing at home."

Federer, a five-time Swiss Indoors champion, opens Monday against 60th-ranked Frenchman Adrian Mannarino.

In his far from typical season, Federer has won only one title — the grass-court event at Halle, Germany, in June — and regularly lost to unseeded opponents since injuring his back in March.

THE ASSOCIATED PRESS

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Detroit	9	6	3	0	24	23	12
Toronto	9	6	3	0	30	22	12
Boston	7	5	2	0	20	10	10
Montreal	8	5	3	0	26	15	10
Tampa Bay	8	5	3	0	26	21	10
Ottawa	8	3	3	2	21	24	8
Florida	9	3	6	0	20	32	6
Buffalo	10	1	8	1	13	28	3

METROPOLITAN DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	8	7	1	0	31	19	14
Carolina	9	4	2	3	22	26	11
NY Islanders	8	3	3	2	25	23	8
Columbus	8	3	5	0	19	22	6
Washington	8	3	5	0	21	25	6
New Jersey	8	1	4	3	17	26	5
NY Rangers	7	2	5	0	11	29	4
Philadelphia	8	1	7	0	11	24	2

Sunday's results
Columbus 3 Vancouver 1
Dallas at Anaheim
Nashville at Winnipeg
Saturday's results
Pittsburgh 4 Vancouver 3 (SO)
Edmonton 3 Ottawa 1
Colorado 4 Buffalo 2
Florida 2 Minnesota 1 (SO)
Nashville 2 Montreal 1
Chicago 3 Toronto 1
Boston 5 Tampa Bay 0
New Jersey 4 NY Rangers 0
Washington 4 Columbus 1
Carolina 4 NY Islanders 3
Phoenix 5 Detroit 2

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Colorado	8	7	1	0	27	12	14
Chicago	8	5	1	2	23	19	12
St. Louis	7	5	1	1	27	19	11
Nashville	8	4	3	1	16	21	9
Minnesota	9	3	3	3	19	22	9
Winnipeg	8	4	4	0	21	22	8
Dallas	7	3	4	0	17	22	6

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
San Jose	8	7	0	1	39	16	15
Anaheim	7	6	1	0	24	16	12
Phoenix	9	5	2	2	27	26	12
Los Angeles	9	6	3	0	24	22	12
Vancouver	10	5	4	1	27	29	11
Calgary	7	3	2	2	23	26	8
Edmonton	9	2	6	1	26	36	5

Note: Two points for a win, one point for overtime loss.

San Jose 6 Calgary 3
Los Angeles 5 Dallas 2
Monday's games — All Times Eastern
San Jose at Detroit, 7:30 p.m.
Colorado at Pittsburgh, 7:30 p.m.
Calgary at Los Angeles, 10:30 p.m.
Tuesday's games
Anaheim at Toronto, 7 p.m.
Vancouver at NY Islanders, 7 p.m.
New Jersey at Columbus, 7 p.m.
Chicago at Florida, 7:30 p.m.
Edmonton at Montreal, 7:30 p.m.
Washington at Winnipeg, 8 p.m.
Nashville at Minnesota, 8 p.m.
Calgary at Phoenix, 10 p.m.

MLB PLAYOFFS

ALCS

BOSTON RED SOX VS. DETROIT TIGERS
(Boston wins series 4-2)
Saturday's result
Boston 5 Detroit 2

NLCS

ST. LOUIS CARDINALS VS. L.A. DODGERS
(St. Louis wins series 4-2)
Friday's result
St. Louis 9 L.A. Dodgers 0

WORLD SERIES

(Best-of-7)

ST. LOUIS VS. BOSTON
Wednesday's game — All Times Eastern
St. Louis (Wainwright 19-9) at Boston (Lester 15-8), 8:07 p.m.
Thursday's game
St. Louis at Boston, 8:07 p.m.
Saturday's game
Boston at St. Louis, 8:07 p.m.

CFL

WEEK 17

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
x-Toronto	16	10	6	0	451	414	20
x-Hamilton	16	8	8	0	389	437	16
x-Montreal	16	7	9	0	412	424	14
Winnipeg	16	3	13	0	333	512	6

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
x-Calgary	16	13	3	0	513	362	26
x-Saskatchewan	16	11	5	0	468	339	22
x-B.C.	16	9	7	0	435	425	18
Edmonton	16	3	13	0	362	450	6

Sunday's result
Montreal 36 Hamilton 5
Thursday's game — All Times Eastern
Winnipeg at Toronto, 7:30 p.m.
Friday's game
Edmonton at B.C., 10 p.m.
Saturday's games
Montreal at Hamilton, 1 p.m.
Saskatchewan at Calgary, 7 p.m.

NFL

WEEK 7

Sunday's results
Cincinnati 27 Detroit 24
San Diego 24 Jacksonville 6
Carolina 30 St. Louis 15
Washington 45 Chicago 41
N.Y. Jets 30 New England 27
Buffalo 23 Miami 21
Dallas 17 Philadelphia 3
Atlanta 31 Tampa Bay 23
San Francisco 31 Tennessee 17
Green Bay 31 Cleveland 13
Kansas City 17 Houston 16
Pittsburgh 19 Baltimore 16
Denver at Indianapolis
Monday's game — All Times Eastern
Minnesota at N.Y. Giants, 8:40 p.m.

MLS

Sunday's results
New York 3 Houston 0
San Jose at Los Angeles
Saturday's results
Montreal 2 Philadelphia 1
FC Dallas 2 Seattle 0
Colorado 3 Vancouver 2
New England 3 Columbus 2
Chicago 1 Toronto FC 0
Portland 0 Real Salt Lake 0

Horoscopes

♈ Aries
March 21 - April 20
Something you think is important is in fact trivial and the sooner you realize that fact the better off you will be.

♉ Taurus
April 21 - May 21
A relationship matter that has been worrying you for weeks will fade in significance today. Maybe it isn't as bad as you thought it was. Time will tell.

♊ Gemini
May 22 - June 21
Every upheaval is an opportunity in disguise and soon you will realize that fate has been prodding you to move in a new and more profitable direction. All you have to do is get moving.

♋ Cancer
June 22 - July 23
As Mercury, planet of the mind, turns retrograde today so the way you look at your life will change. However, this particular cosmic event has a way of playing tricks on people, so don't make any drastic moves just yet.

♌ Leo
July 24 - Aug. 23
You may be upset that something or someone has gone out of your life but it is all part of the process of growth and change. The world never stands still and nor should you. Move on in your life.

♍ Virgo
Aug. 24 - Sept. 23
It takes courage to hold a view that few other people agree with and more courage still to express that view openly. But you are not the sort to back down and will insist on having your say. Let's hope you are right!

♎ Libra
Sept. 24 - Oct. 23
Throw away your schedules and timetables. With Mercury moving retrograde today there is really no point in making plans. Take each moment as it comes.

♏ Scorpio
Oct. 24 - Nov. 22
Ideas you once supported don't seem so attractive now but you are still reluctant to give up on them. Until you do you won't be able to take advantage of the new insights that enter your mind.

♐ Sagittarius
Nov. 23 - Dec. 21
If you are smart you will keep your opinions to yourself. You may be desperate to prove a rival wrong but the planets warn it won't be as easy as you think.

♑ Capricorn
Dec. 22 - Jan. 20
Let colleagues know how you feel today but don't get emotional about it. If they can see that you are affected to such an extent they may decide to up the pressure, hoping you will break.

♒ Aquarius
Jan. 21 - Feb. 19
Some tough decisions will have to be made, the kind of decisions where you upset more people than you please. Fortunately you are not the sort to worry about that. You enjoy rocking the boat.

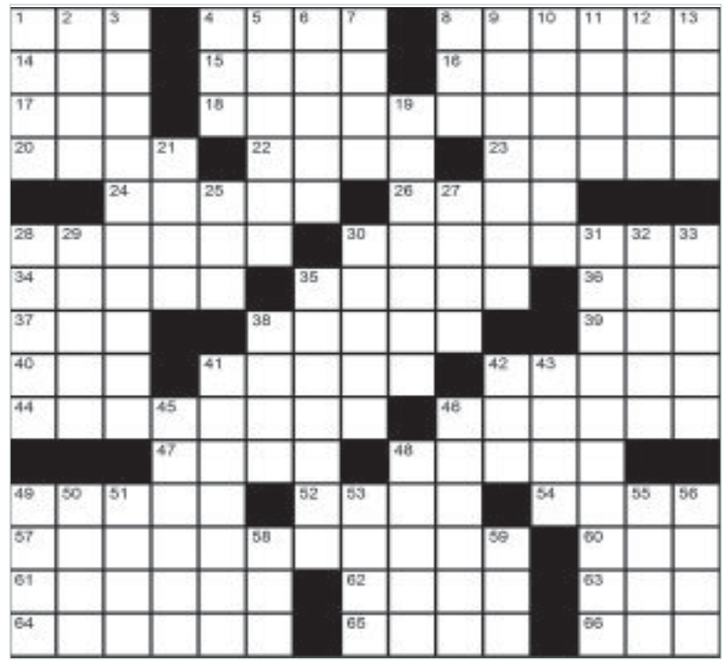
♓ Pisces
Feb. 20 - March 20
You may not be a rule breaker but there is one rule that annoys you so much you are determined to smash it. That's fine but don't forget that actions have consequences.

SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



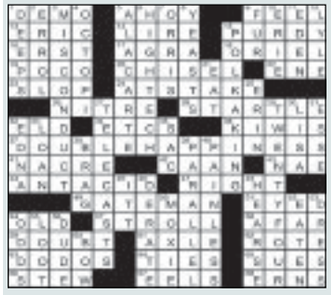
Across

1. A-li'l-__-will-d'ya
4. Gas station name
8. Rejects
14. Football's Mr. Manning
15. "__ she blows!"
16. Set the dial: 2 wds.
17. Vroomer
18. Toronto-born singer of "Old Skool Love": 2 wds.
20. Modeller's buys
22. Island off of Newfoundland
23. Beau __ (Gracious action)
24. Megan of "Smash"
26. Gone With the Wind land
28. 1991 Tragically Hip album: 'Road __'
30. Canadian insurance and financial services company
34. Lively rhythms
35. Adjust margins, say
36. Capture
37. Disney deer
38. Carries
39. Put down, slang-style
40. Gladiator's 300
41. Circled
42. I'm; __; He's...
44. Forest for Robin Hood
46. Lab device, __ burner
47. Where the White House is, __ _._.
48. Kindled again
49. "_ __ Before Dying" (1991)
52. In the thick __ __
54. Restaurant receptacle
57. Consumer watchdog program on the CBC
60. Rosemary's Baby novelist Mr. Levin
61. Seasonable
62. "Aren't _ __ lucky one?"
63. "Lost in Love" soft rockers with a Supply of it
64. Gobbles food, in slang
65. Johnny Carson's predecessor Jack
66. Chap

Down

1. Casino pack
2. Court game, with Jai
3. Charlottetown, 'The __ of Confederation'
4. Airport schedule acr.
5. Changes
6. "__ Truffle" by The Beatles
7. Real thing, for short
8. Female saint in France [abbr.]
9. Fish and Chips, Shepherd's Pie ...and more: 2 wds.
10. Artificial
11. Vintage autos
12. Food package abbr., __. __.
13. Loudness of sound unit
19. As sheet music is
21. River deposit
25. Guitarist Mr. Paul
27. Santa __ (Hot winds)
28. Sir Guinness, and others
29. Salt amount
30. __ out (Dished)
31. The __ Revolution
32. Laissez-__
33. Buddy of "The Beverly Hillbillies"
35. Peter Weller '80s Sci-Fi flick
38. Step heavily
41. "...to thine __ __ be true..." - Shakespeare
42. Montreal airport code
43. Taking care of things: 2 wds.
45. Daredevil
46. "You __!" (That's right!)
48. Lasso
49. Tbsp., et al.
50. Ballet world's Karen
51. "My Friend __" ('50s sitcom)
53. Acrobat's feat
55. Opera song
56. Stick sort
58. Mr. Cobb's
59. 'Profit' suffix

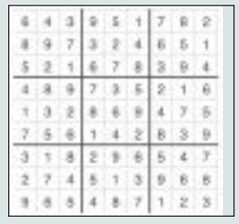
Friday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku



Weather

TODAY	TUESDAY	WEDNESDAY
MAX: 3° MIN: -4°	MAX: 5° MIN: -1°	MAX: 3° MIN: -1°

BT BREAKFAST TELEVISION

JENNA KHAN
WEATHER SPECIALIST
"Weather impacts everything we do. Providing the information you need before you head out that door and take on the day is the best part of my morning." **WEEKDAYS 6 AM**

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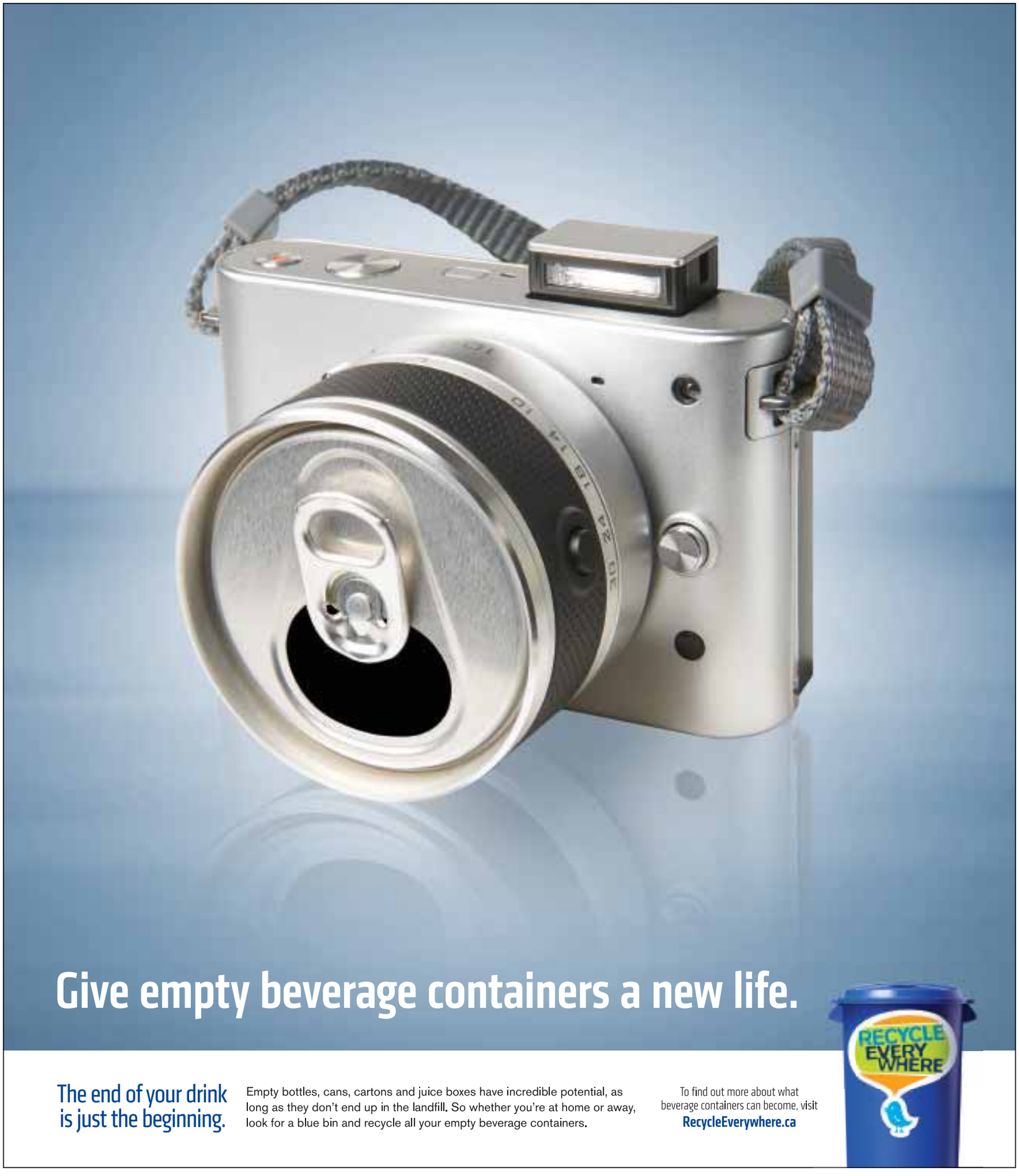

The end of your drink is just the beginning.

Empty bottles, cans, cartons and juice boxes have incredible potential, as long as they don't end up in the landfill. So whether you're at home or away, look for a blue bin and recycle all your empty beverage containers.

To find out more about what beverage containers can become, visit **RecycleEverywhere.ca**